

10 TRAINING MISTAKES YOU COULD BE MAKING



**EMPIRE
STATE
OF MIND** 

**Breathing - You're
Doing It Wrong**

**Are Your
Hamstrings
Holding You Back?**

**The Dangers of
Weight Cutting**

Gaurdapedia

EDUARDO 
TELLES

ATTACK OF THE TURTLE GUARD

DON'T GET SICK

**DEPARTMENT
OF DEFENSE**
WITH SSG SERGIO
MACHADO

February 2016 Issue 41





The
鯉の滝登り
koi-no-taki-nobori



SENSO JIU JITSU
SAN FRANCISCO
CALIFORNIA

A 2



SENSOBIJ.COM

CONTENTS

ISSUE 41
FEBRUARY 2016

LIFE

010 EDITORIAL

Who's the Hero?

006 IN FOCUS

Hey man great shots

012 WEIGHING IN

New Gear, News, and some Opinion

024 PROMOTIONS

Belts and Stripes

040 EVENT COVERAGE

EB15 Garry's Back!

080 HOW-TO

Breathe and Exhale

084 THE LIFE

Gotham's Finest Grapplers

SKILLS

044 GUARDAPEDIA

Expand Your Vocabulary

052 D-FENSE

Defensive techniques with Sergio Machado

064 TURTLE GUARD

Eduardo Telles shows us how dangerous the Turtle can be for your opponents.

MIND

092 MIND GAMES

Dealing with being Injury Prone

106 SUCCESS

Hector Millan



FUEL

028 GRUB

Whole Food or Liquid?

032 SUPPLEMENTS

Immunity Boosters

BODY

036 WARM-UP

Hamstring Stretches

088 MEDIC

Dangers or Weight Cutting

094 MEDIC

Mouth Injuries

098 GAINS

10 Strength and Conditioning Mistakes You Might Be Making



MEET THE EXPERTS



MACKENZIE ARRINGTON

Is an award winning chef out of Boothbay, Maine. He is the author of GrapplerGourmet.com, a comprehensive guide to cooking for the BJJ lifestyle. On the mats he is a blue belt out of PSABJJ in Brooklyn, NY, and a personal chef off the mats. Follow MacKenzie at [facebook.com/grapplergourmet](https://www.facebook.com/grapplergourmet).



MARSHAL D. CARPER

Is a purple belt under Sonny Achille. In addition to owning Artechoke Media, Marshal is the author of books like The Cauliflower Chronicles and Marcelo Garcia's Advanced Jiu-Jitsu Techniques. His latest project is WhiteBeltProblems.com, a free open-source resource devoted to making jiu-jitsu more accessible for beginners.



WILL SAFFORD

Certified Strength and Conditioning Coach who trains under Andre Galvao in San Diego, CA. Will specializes in mobility training, injury prevention, and kettlebell strength and conditioning. For more info visit his website at ironwillathletics.com



MATTHEW CORLEY

Is a blue belt and Registered Pharmacist and clinical pharmacy manager who trains under Ezra Lenon. The best way to keep up with his articles and reviews is at [facebook.com/MappingMyBjjJourney](https://www.facebook.com/MappingMyBjjJourney)



JEREMY REID M.S.ED, CSCS, CISSN

Jeremy is a nutritionist and strength coach who works with MMA and jiu-jitsu champions. He obtained his master's degree in exercise physiology from Baylor University. He is a brown belt under Robert Drysdale.

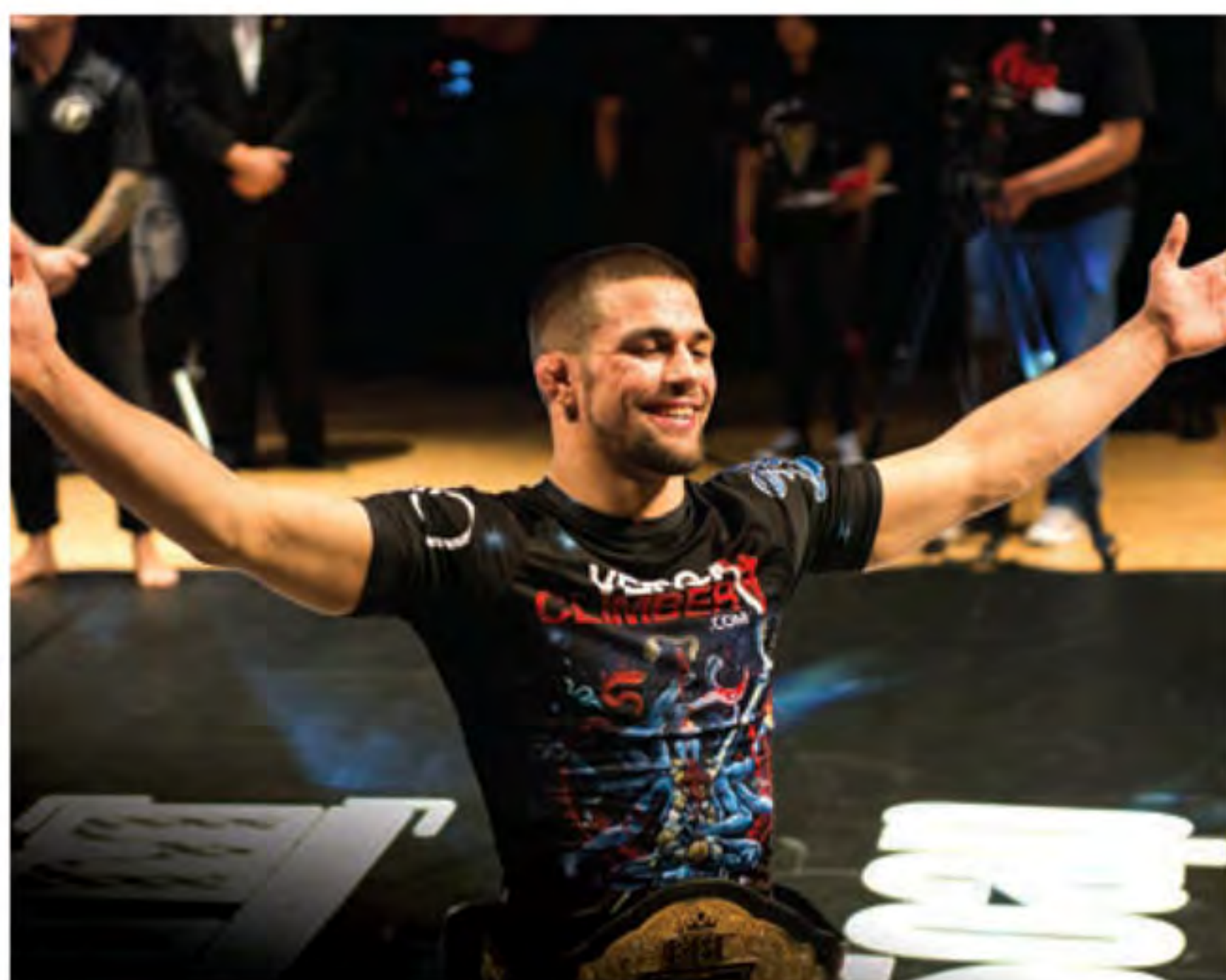


Look for us Online:
@jiujitsumag



ON THE COVER

Eduardo Telles is ready to show you how dangerous the turtle guard can be. Photo: Patrick Flores



040

EBI5

It's Still Garry's Show!



094

MEDIC

Avoiding and Dealing with Mouth Injuries



052

DEFENSIVE MEASURES

SSG Sergio Machado goes over some defensive techniques.



IN FOCUS



PHOTO: MIKE CALIMBAS



ALMOST

Black belts Julian Vega and Shawn Key put their heart and soul into this match. No time limit, sub-only at Fight to Win PRO 2. Elevated stage, respectful crowd watching every move with intent and attention to the technique. No reason to for anything than the finish.





KINGZ
NOBORU

BAMBOO

KINGZKIMONOS.COM

EDITORIAL

YOU ARE THE HERO



SINCE THE BEGINNING OF THE WRITTEN WORD, MANY GREAT STORIES THAT HAVE RESONATED WITH THE HUMAN PSYCHE FOLLOW A VERY SIMILAR STORYLINE CALLED "THE HERO'S JOURNEY." THE LATEST STAR WARS MOVIE WAS PRETTY MUCH A REPEAT OF THE FIRST ONE (EPISODE IV). Just about every Star Wars movie and countless

others have followed this same plot. A few other examples include every Lord of the Ring, Matrix, Rocky, Superman, Ironman - you get the idea. Heck, even Goodfellas and Fight Club can be traced to this writing theory. There are eight to seventeen key elements that make up the Hero's Journey. When you inspect them you'll see so many parallels between this common storyboard and our individual experience with jiu-jitsu. This reality came to me not too long ago as I was going through a batch of Success stories that we get from readers who have improved their lives through jiu-jitsu. Here's a rundown of nine of the basic elements and how they might apply to your jiu-jitsu journey.

ACT 1

1. INTRODUCTION TO THE PROTAGONIST'S WORLD -

You're sitting on the couch, eating Cheesy Poofs, flipping the channels. You catch a highlight of Royce Gracie in UFC 1 defeating larger, stronger opponents.

2. CALL TO ACTION - As you're licking the cheese off your fingers, you see your gut below and realize this isn't the life you want to live.

3. CROSSING THE THRESHOLD - You venture into the jiu-jitsu academy for the first time, start looking around, and ask what is that uniform everyone is wearing.

ACT 2

4. MEETING THE MENTOR - This could be your instructor, it could be a particular blue belt, or purple belt that you relate to.

5. FIRST CHALLENGE - To last an entire class without tapping out, or it could be submitting someone larger, stronger, or younger than you.

6. TESTS, ALLIES AND ENEMIES - This could be anything. It could be the temptation to continue to eat poorly, drink, smoke. It could be that one training partner that's always "beating up" on you. It could be making new friends, but usually it's all of the above.

7. DARK MOMENT - This is where the real challenge is. Injury, distractions in life, feeling of despair "I'll never get my blue belt!" This is that moment where you might even consider that jiu-jitsu isn't for you.

ACT 3

8. FINAL CONFLICT - This is the big test, despite the injuries, despite the call of the Cheesy Poofs, you battle through your darkest moment and return to class. Slowly, but surely, you begin to get it, you can open someone's closed guard, you escaped the mount, you pulled off a triangle on another white belt!!!

9. RETURN HOME - Promotion day comes, your instructor pretends that all the new belts have been given out, but just when everyone's about to call it a day, he/she looks at you and smiles. They call out your name and wrap a shiny new blue belt around your waist! Your confidence improves, your health, your way of life, are all better for having gone through this journey.

Does this sound familiar? It should as it's probably the vast majority of us that have discovered jiu-jitsu. And don't think for a minute that receiving your blue belt is the end; it's just the tip of the beginning. The beauty of jiu-jitsu is that a new belt or even each new day is its own Hero's Journey. The next time you come up with a challenge that feels too tough to overcome, think of yourself as the hero. What would Luke do? What would Neo do? What would Tyler Durden do? Looking at our journeys from this perspective might help you realize that you are the hero.

Keep Rolling



MIKE VELEZ
Editor/Publisher

mikev@jiujitsumag.com



EDITORIAL STAFF

EDITOR & PUBLISHER.....Mike Velez
ASSOCIATE EDITOR.....Deb Blyth
ASSISTANT EDITOR.....Patrick Flores
MANAGING EDITOR.....Areum Kim
CONTRIBUTING AUTHORS.....Matt Corley,
Dr. Ethan Kreiswirth, Will Sanford, Marshal Carper,
MacKenzie Arrington, Dr. Lee Day, MD, Dr. Jeff Nishii

ART & PHOTOGRAPHY

ART DIRECTOR.....Dave Palacios
CONTRIBUTING PHOTOGRAPHERS.....Jason Boulanger,
John Cooper, Kenny Jewel, Patrick Flores,
Mike Calimbas, Alberto Marchetti

PRODUCTION & ADVERTISING

PRODUCTION DIRECTOR.....Paula Fountain
ADVERTISING SALES.....Mike Velez, Deb Blyth
CIRCULATION MANAGER.....Tom Ferruggia

ADDRESS CHANGE & SUBS

Phone: 1.877.834.3552 ext. 227
Web: jiujitsumag.com

ADVERTISING & SALES INFO

AVAILABLE UPON REQUEST, CONTACT:

Jiu-Jitsu Magazine
PO Box 2405
Chino Hills, CA 91709
ph: 1.877.834.3552 ext. 221
fax: 909.591.1251

NATIONAL/INTERNATIONAL NEWSSTAND DISTRIBUTION

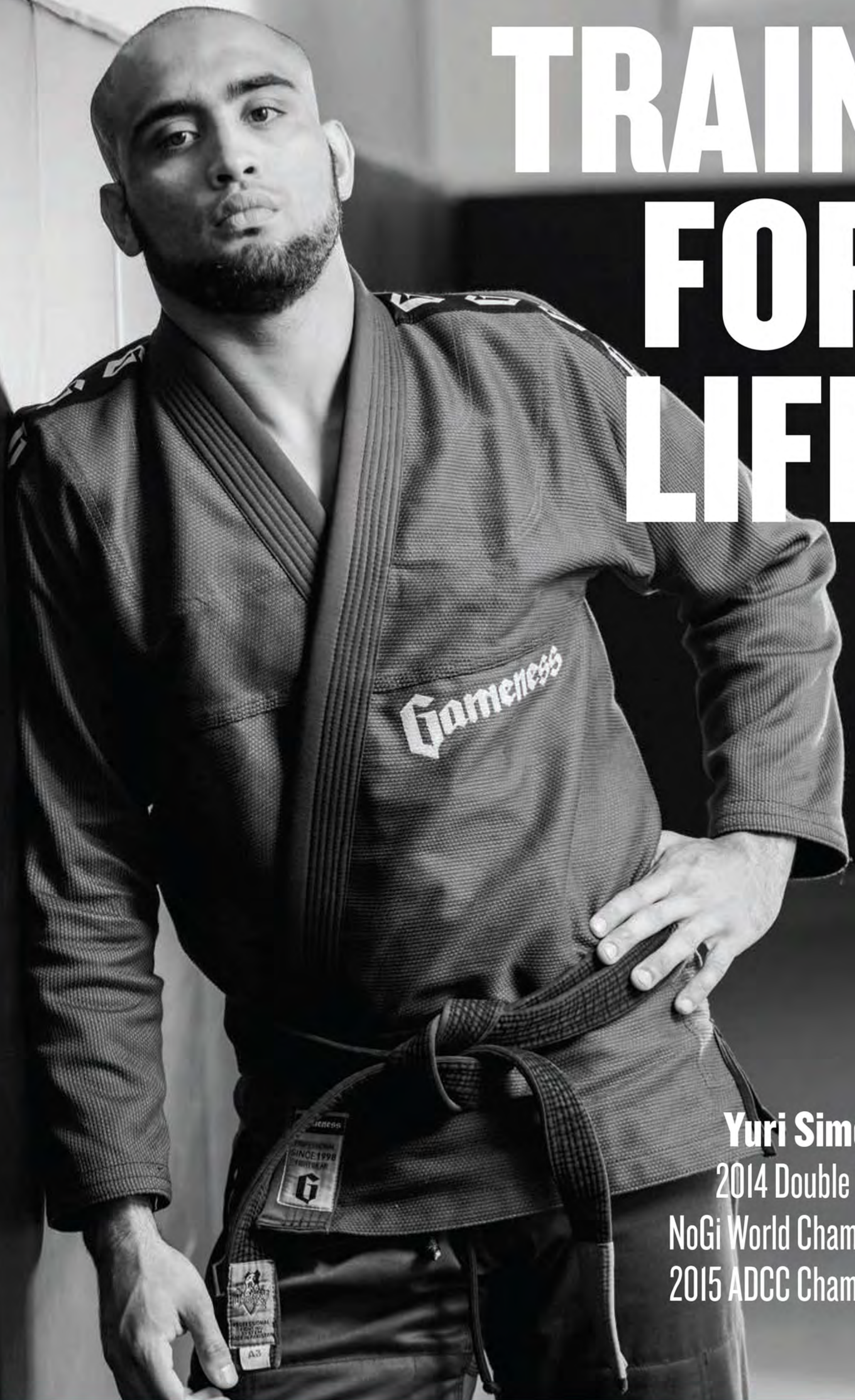
The Curtis Circulation Company

Jiu-Jitsu Magazine [ISSN 2157-6173] is a publication of Recon Media Inc. Phone: 877.834.3552; Fax: 909.517.1601 email: subs@jiujitsumag.com. Subscription rates are \$39.99 for 12 issues (1 year), \$59.99 per year Canada, and \$99.99 per year for foreign airmail. All rights reserved. The entire contents are copyright 2016 Recon Media Inc. and may not be reproduced in any manner in whole or in part without written permission from the publisher. The views and the opinions of the writers and advertisers are their own and do not necessarily reflect those of Recon Media Inc., the Publisher, or the editorial staff. The Publisher assumes no responsibilities for advertising claims, errors, and omissions.

Some of the techniques described in this magazine can be dangerous. Always practice safe procedures and use common sense. Recon Media Inc., and the Publisher can not be held responsible from any injuries or damage caused by these techniques. Perform at your own risk.

Jiu-Jitsu Magazine [ISSN2157-6173] is published monthly by Recon Media Inc., 3857 Schaefer Avenue # D, Chino, CA 91710. Periodicals Postage Paid at Chino, CA and additional mailing offices. POSTMASTER: Send address changes to Jiu-Jitsu Magazine, PO Box 2405, Chino Hill, CA 91709

TRAIN FOR LIFE



Yuri Simoes
2014 Double Gold
NoGi World Champion
2015 ADCC Champion

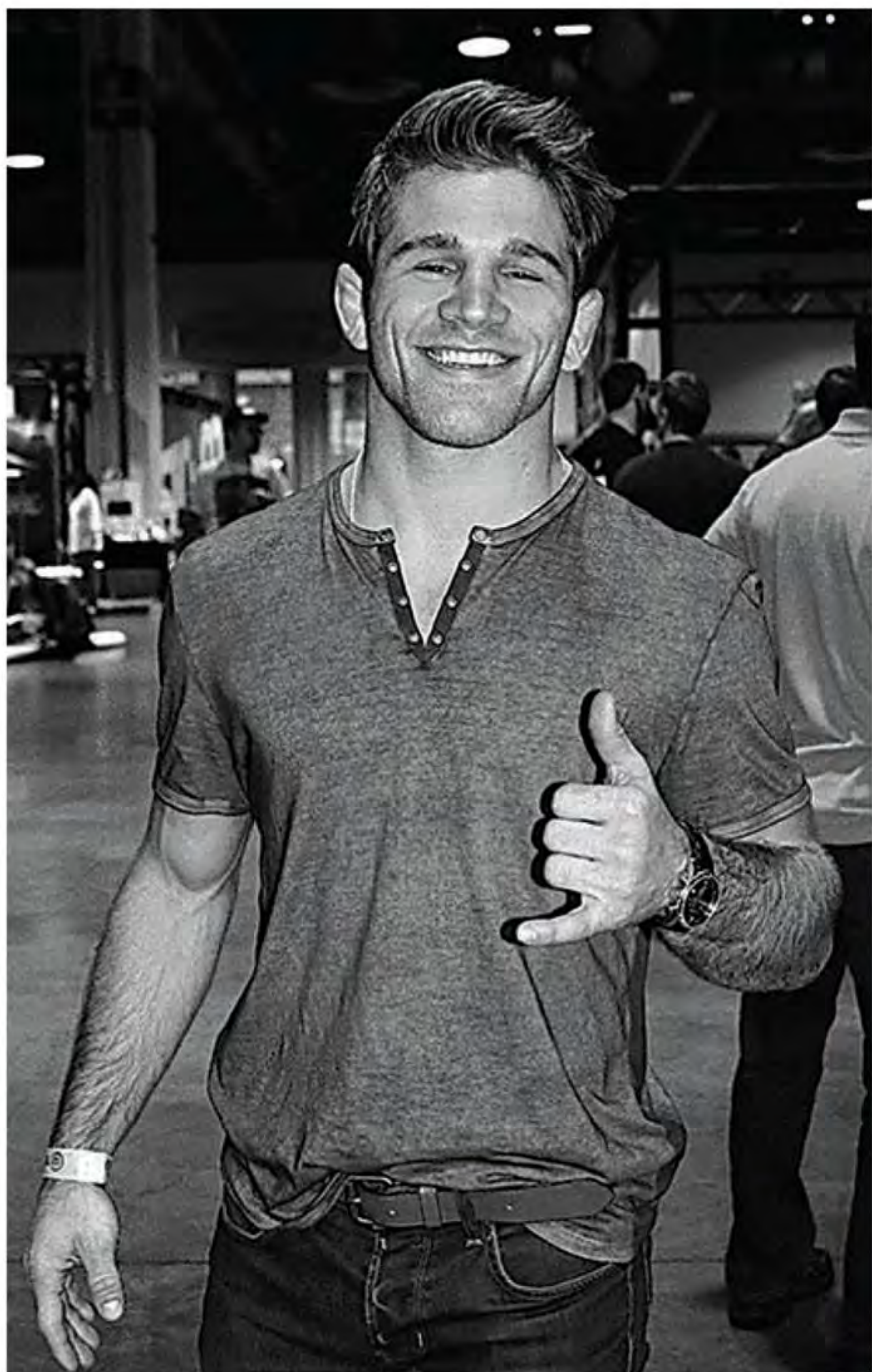
Gameness

www.facebook.com/GamenessFightwear 

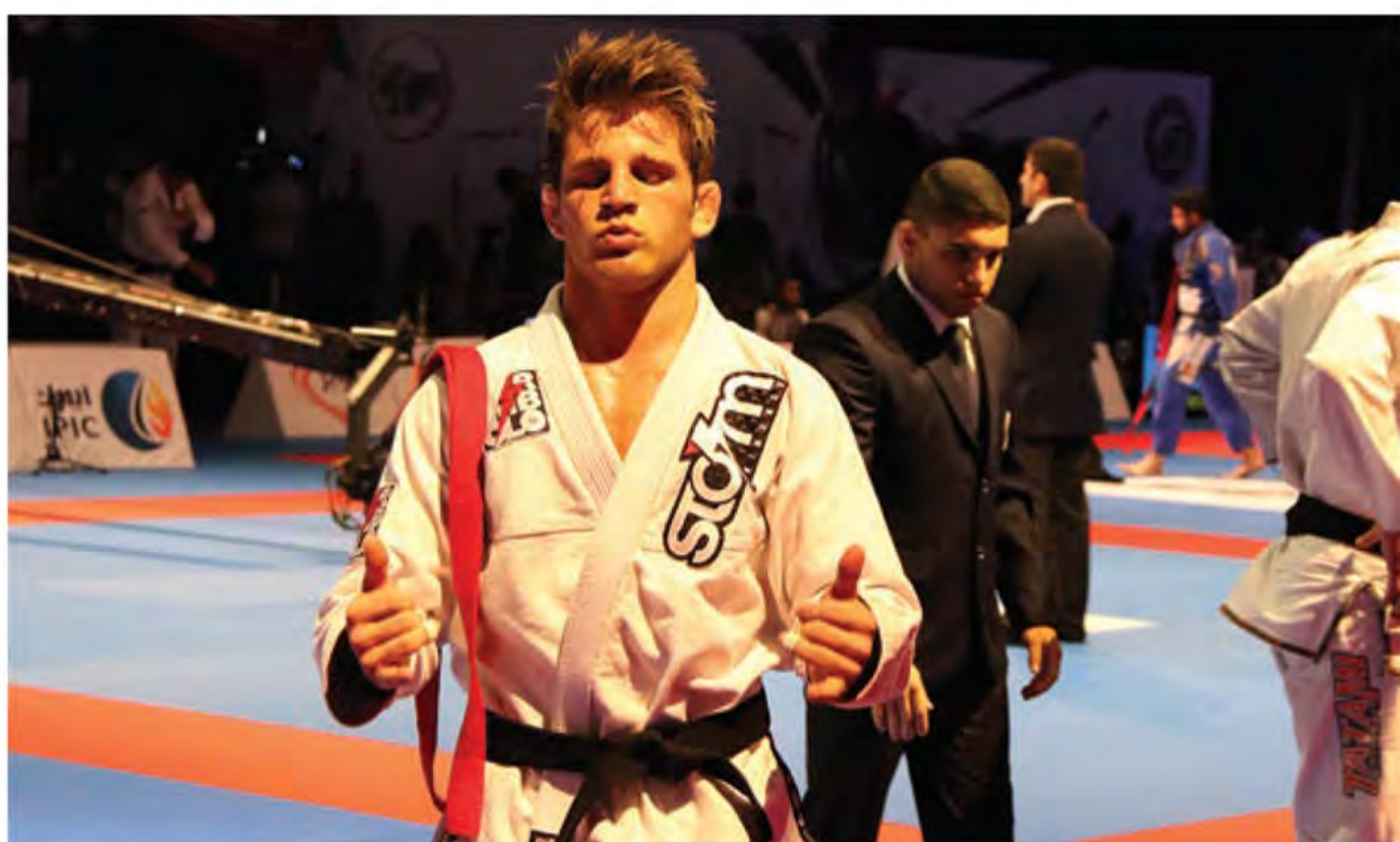
@GamenessFightCo 

www.gameness.com 

WEIGHING IN



POLARIS ANNOUNCES BEN ASKREN VS. AJ AGAZARM



Ben Askren's MMA career gained an extra layer of hype when contract negotiations between him and the UFC soured. Askren took to social media to vent his frustration, spawning a tradition of Askren calling out and mocking the

UFC and its fighters, at every opportunity. AJ Agazarm is no stranger to controversy himself. He often seems content to play the heel, and his internet beef with Keenan Cornelius spilled over into Reddit's r/bjj where Agazarm entered

an unwinnable battle against internet trolls. The Askren and Agazarm matchup is tentatively scheduled to take place at Polaris 3 in April.

POLARIS-PRO.ORG

Face Your Fears with Naked Biceps

You need more fight gear. No, really, you can never enough, and you're in luck because Manto is here to help. This classic fight brand has two new rash guards to showcase your inner warrior. The Hannya features a Japanese style demon, and the Tiger features an angry octopus. Just kidding. It features a tiger. Both rash guards are in the theme of "Always Face Your Fears" and come with short sleeves so that you can beat your fears down with your big glistening guns.

MANTOUSA.COM





HEEL HOOKS AND CIGARETTES: MUST BE 18 YEARS OR OLDER

At the fifth event for the quickly growing Eddie Bravo Invitational, Riley Breedlove and Sofie Lee took part in a kid's super fight. The sixteen-year-old Lee was caught in a heel hook, did not tap in time, and had to be helped off the mat. The incident spawned a split response in the BJJ community, with some jiu-jiteiros taking a survival of the fittest stance as far as underage competitors go, while others called the match rules irresponsible and clearly dangerous. Bravo later confirmed that heel hooks were initially banned for kids matches but the coaches requested that they be made legal. In an interview with Flo Grappling, Bravo said that heel hooks will no longer be allowed in child super fights.

EDDIEBRAVOINVITATIONAL.COM

Cute Girl Does Jiu-Jitsu

In the latest installment of "Rigan Machado Posing With Celebrities," the famed Machado brother shared a photo of him not-hover-handing with the actress Scarlett Johansson. Details are few, but the implication is that Johansson has officially joined the ranks of celebrities that train jiu-jitsu and doesn't mind a quick genial photo for marketing purposes.

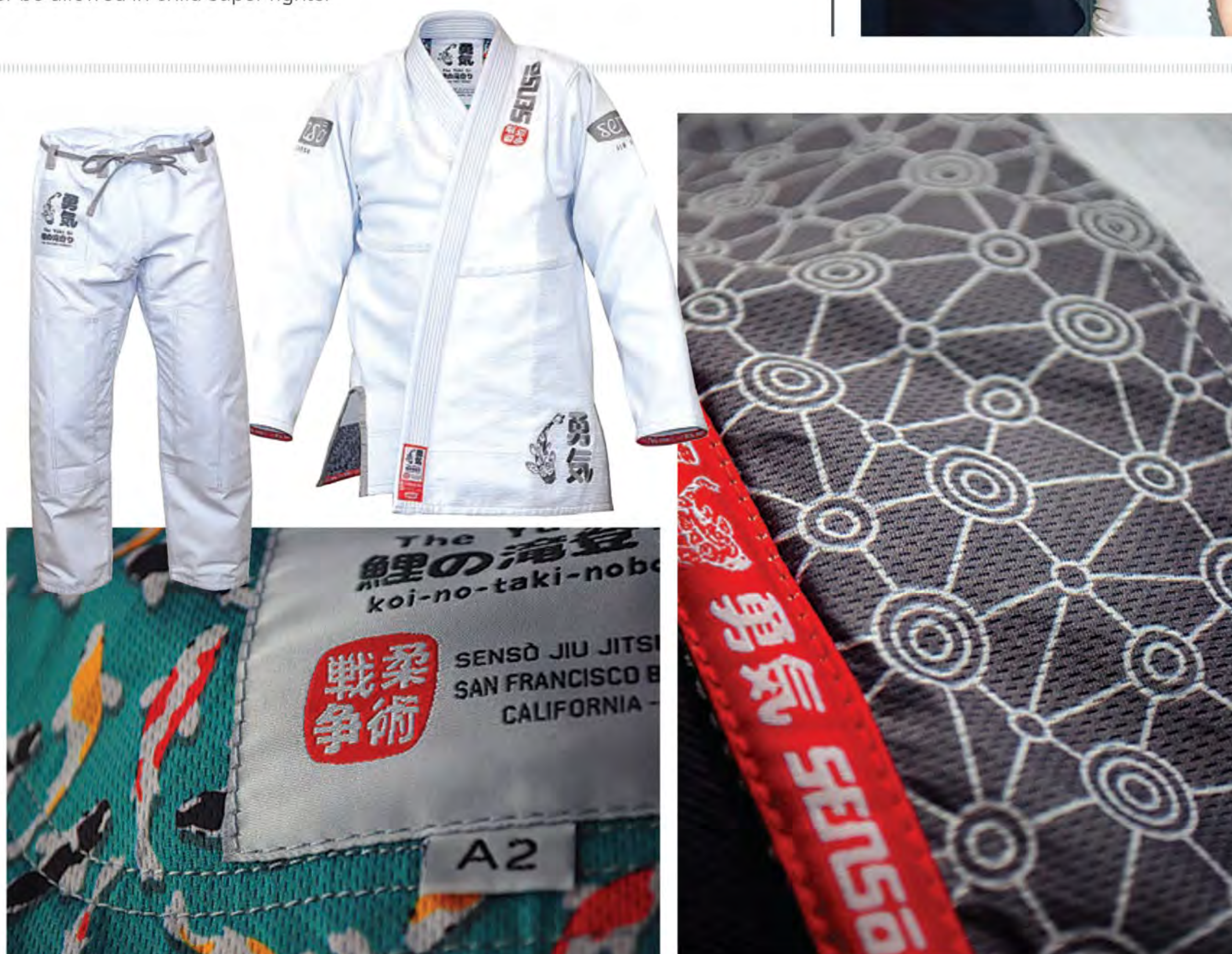
RIGANBJJ.COM



EXPRESS YOUR INNER BATTLE

Senso Jiu-Jitsu will soon be opening pre-orders for their Yuki Gi. Like their other products, this gi aims to capture "the inner battle to forge your jiu-jitsu game, to fight with a clear mind." The Yuki features COOLMAX® fabric lining, rip-stop pants and lapel, and high-definition embroideries. This gi is light on flash but high on style. With clean designs and high quality craftsmanship you will still turn heads, but in a good way.

SENSOJJ.COM



THE MATS DON'T LIE.





WEIGHING IN

HUMBLE PIE:

A Dish Best Served with Plates and Forks for Sharing

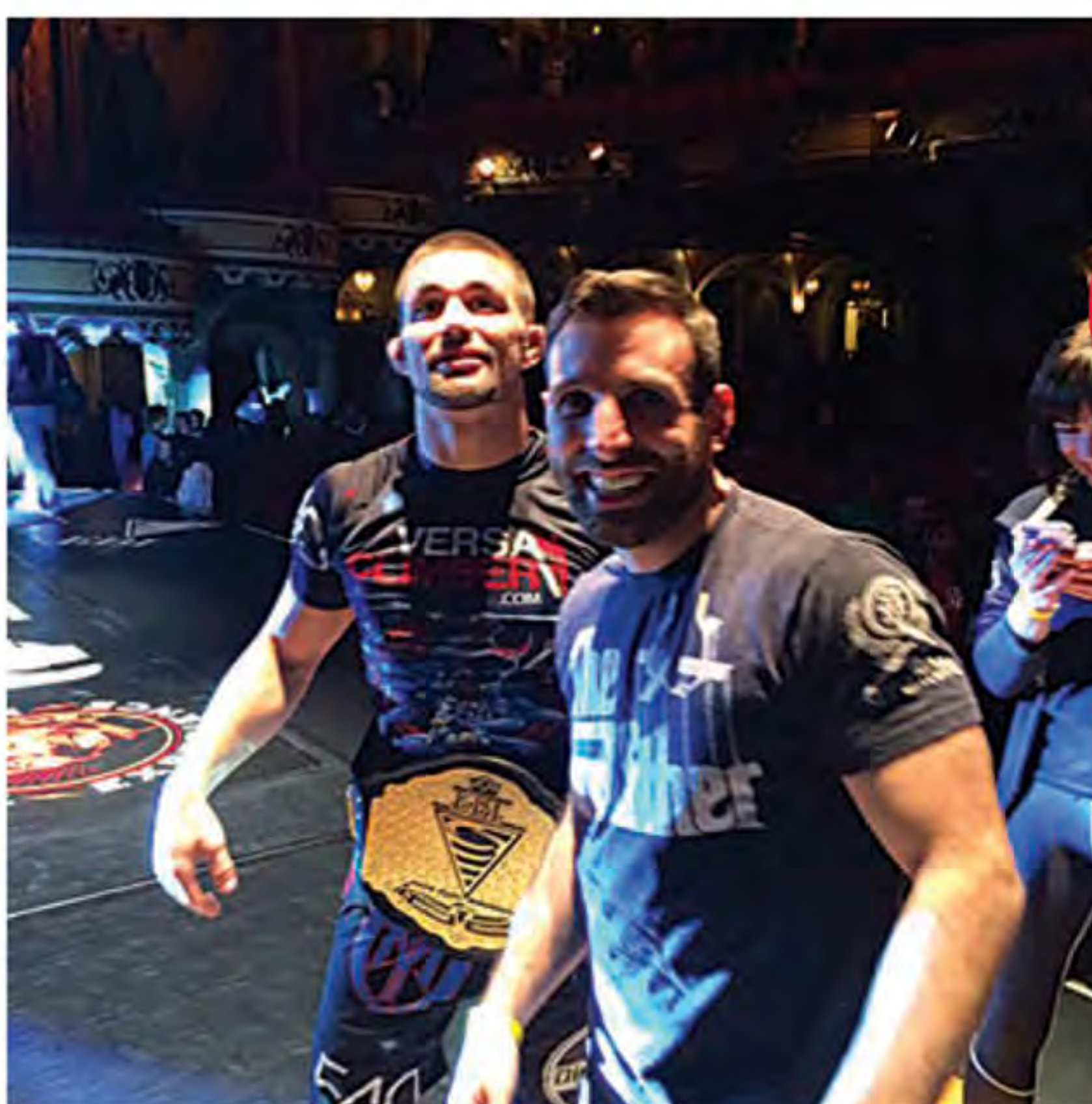
Neil Magny took on jiu-jitsu specialist Demian Maia at UFC 190 in August. For Magny, it was a difficult two rounds that ended his seven-fight win-streak. Instead of taking to Instagram to sling mud in the hopes of hyping a rematch—as seems to be standard practice for UFC fighters these days—Magny attended a seminar with his once opponent. MMA Junkie originally reported the story and quoted him as saying, “I mean, here he is, still fighting, still in my division, and he didn’t hold back that knowledge. He just gave it to me.” This interaction may not help to sell a rematch, but it’s cool to see that traditional martial arts values aren’t completely dead.



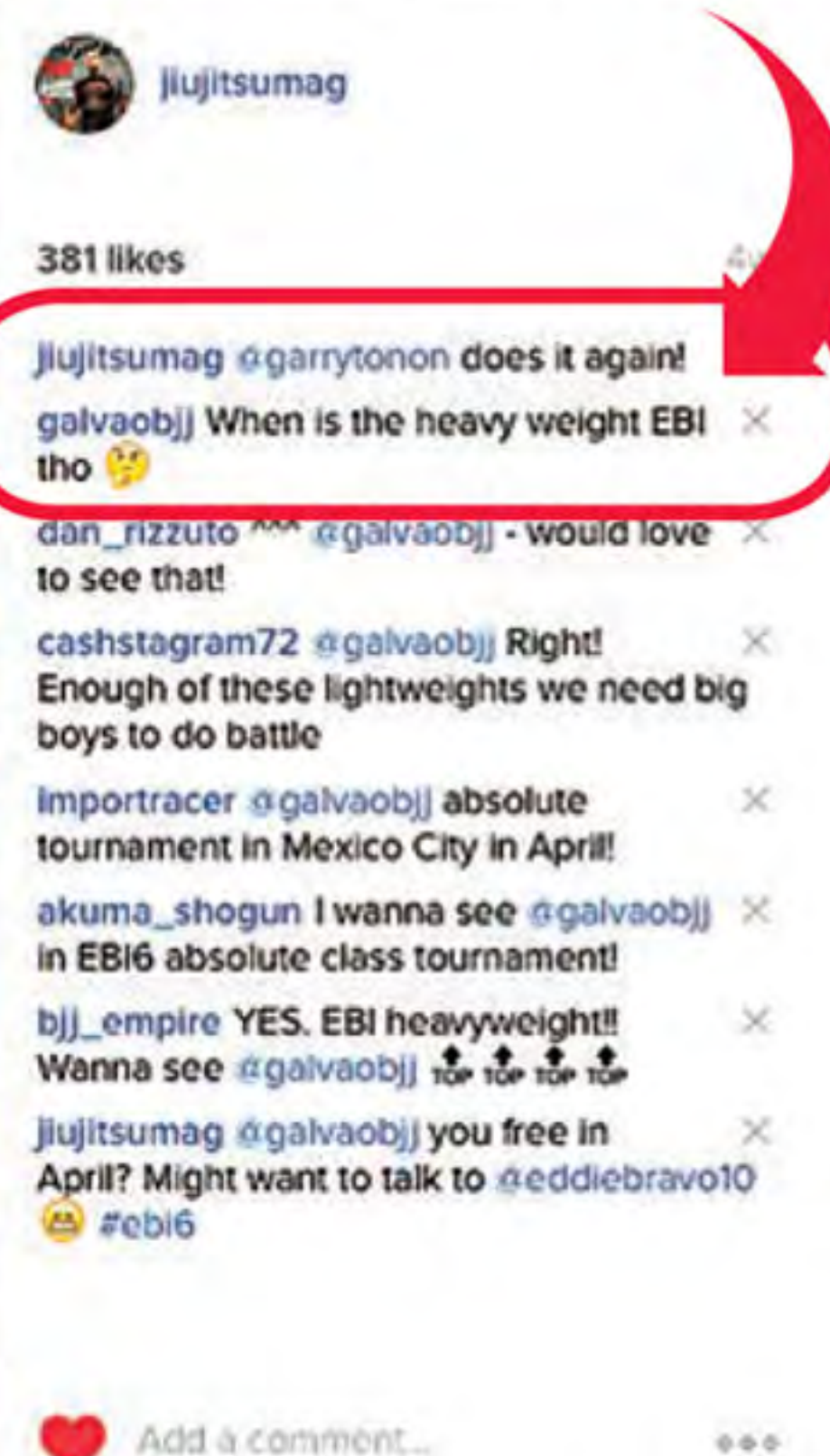
EVERYONE SIGNS UP FOR EBI

The Eddie Bravo Invitational (EBI) has been steadily growing, and is now heading into its sixth event with more top names signing up to compete on the EBI stage. Make no mistake about it, there were big names before, and EBI even helped to shine a spotlight on new talents like Geo Martinez. EBI 6 is different. Roberto Cyborg, Yuri Simoes, Andre Galvao, Dean Lister, and Vinny Magalhaes are all set to take part. This is a big step for EBI, and an exciting event for grappling fans. Tune in on April 30 to watch these matches play out.

EDDIEBRAVOINVITATIONAL.COM



♦ We're taking credit for this one.





WWW.SCRAMBLESTUFF.US

**EDDIE
CUMMINGS**

WEIGHING IN

Expand Your Podcast Library



Does your commute suck? Then you probably need more podcasts in your life. Once you exhaust your supply of jiu-jitsu podcasts, Jiu-Jitsu Magazine recommends the Jocko Podcast. The hosts are Echo Charles and Jocko Willink. Echo is a brown belt and the man behind Flixpoint.TV (Renato Laranja Show). Jocko is a jiu-jitsu black belt under Dean Lister, one of the founders of Victory MMA in San Diego and most importantly was a Navy SEAL Platoon Commander and SEAL Task Unit Commander leading hundreds of operations in combat. That military experience informs much of his worldview and his work. He co-authored the bestselling *Extreme Ownership: How U.S. Navy SEALs Lead and Win*, and he runs Echelon Front, a leadership development company. If you like lessons and perspectives from the battlefield that easily apply to jiu-jitsu, business, and life in general, you might enjoy the Jocko Podcast.

JOCKOPODCAST2.COM



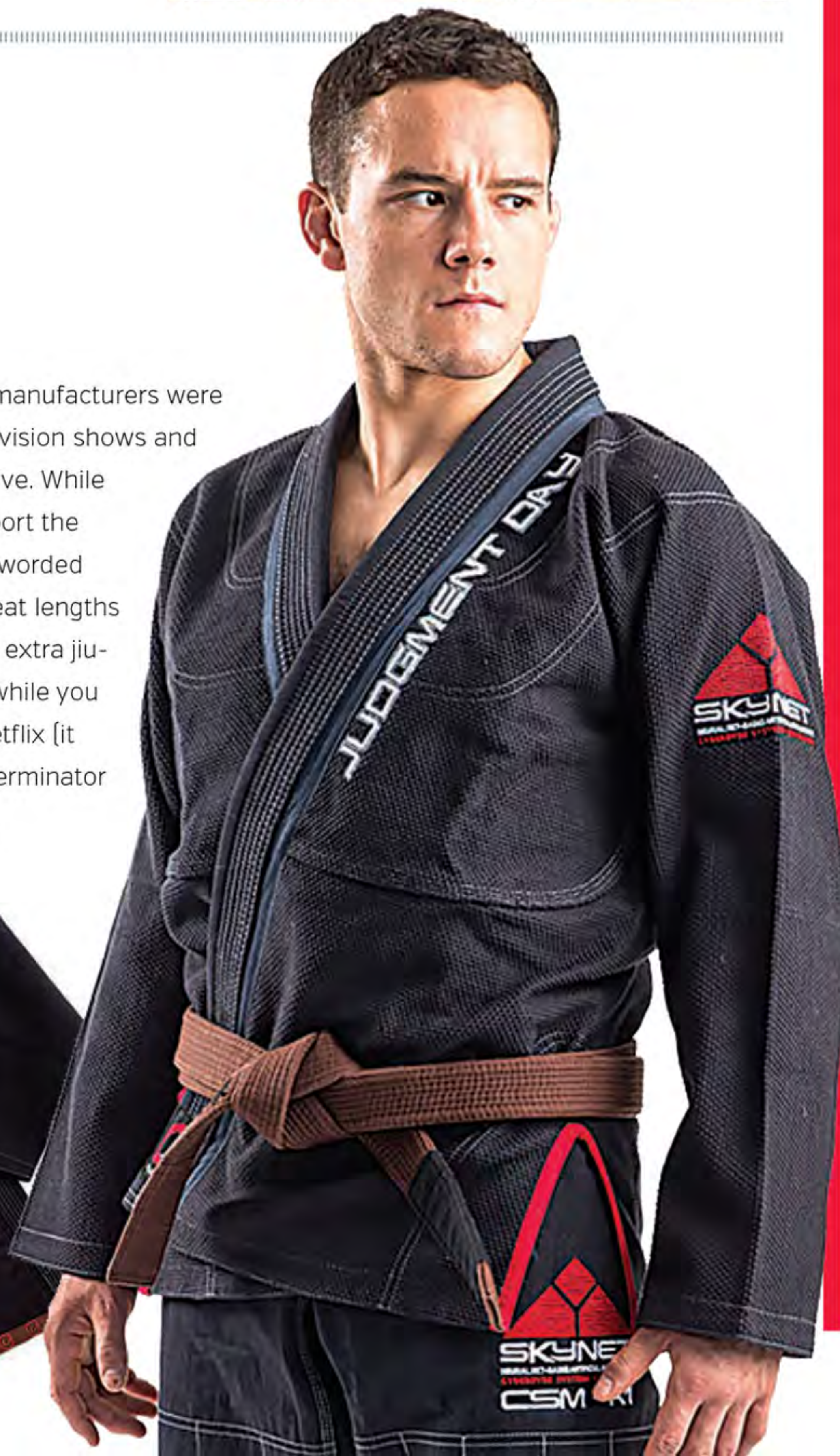
THE REEBOK NIGHTMARE CONTINUES

Surprise, surprise, the UFC/Reebok sponsorship continues to generate negative press for both organizations. They have moved beyond misspelling fighters names and making culturally insensitive Irish t-shirt designs (at least for now), but the saga continues. Donald Cerrone attached a piece of his old Muay Thai trunks to his Reebok shorts to honor his grandmother, according to a Bloody Elbow article. When he asked about the size of the fine on Twitter, he replied, "Let's just say a LOT. Think of a number then double it." I ended up with 138, but that's probably because I'm excited about a new Bill & Ted movie that's reportedly in the works. Not long after the Cerrone news broke, Angela Hill uploaded a video of a red Reebok sports bra that instantly gushing ink when it gets wet. Bummer.

OFFICIALLY OFFICIAL

In the dark days of jiu-jitsu gear, less scrupulous manufacturers were happy to "borrow" the intellectual property of television shows and video games to make their products more attractive. While some of these were entertaining, they didn't support the original creators, and eventually faced a strongly worded Cease & Desist. Fusion Fight Gear has gone to great lengths to license your favorite pop culture icons. You get extra jiu-jitsu points if you wear your Star Trek rash guard while you binge watch Star Trek: The Next Generation on Netflix (it totally holds up, really), or unleash your internet terminator with the T2 gi (hail Skynet), their newest offering.

FUSIONFIGHTGEAR.COM





ALL THINGS COME TO **PASS**

WEIGHING IN

International Revenue Service Vs Royce Gracie

According to Bloody Elbow, the IRS is investigating jiu-jitsu legend Royce Gracie for a total of \$1.15 million in tax underpayment and fraud. The core of the problem seems to boil down to undisclosed moneys in foreign bank accounts, which the IRS became aware of when money was transferred into domestic accounts for things like house purchases [\$497,972, for example], while also "showing minimal taxable income" between 2008 and 2011, according to the report. Pundits were quick to point out that the timing of these accusations align conveniently with the announcement that Royce Gracie had planned to fight in Bellator. The ongoing legal feud between Royce and the IRS is likely to generate more news as it moves forward.

BIG STATEMENTS WITH LITTLE GIS

CTRL recently announced a new line of children's gis. As popular as jiu-jitsu and jiu-jitsu related products have become, finding high quality, stylish gis for kids on the mat is difficult.

CTRL is looking to change that, but details are thus far a bit spotty. We've seen a few photographs of kids' gis that match the sleek style we've come to expect from the brand that has made waves with their chess and Native American-themed designs in the past. We're looking forward to seeing the final version.

CTRLINDUSTRIES.COM



More than
just a policy.

Martial arts insurance you can count on.

Quality, experience, professionalism, and knowledge are the principles on which we've developed our insurance program. With decades of experience underwriting and servicing the martial arts industry, you can count on Markel.

Coverages: General liability, property, tournament, excess accident medical

martialartsinsurance.com

1.800.866.7403

[facebook.com/markelhealthfitness](https://www.facebook.com/markelhealthfitness)



COPA PODIO CHUGS ALONG AND YOU AREN'T PAYING ENOUGH ATTENTION

PHOTOS: DEIVE COUTINHO/D COUTH



Jiu-jitsu Pay-Per-View events might seem like something new, but Copa Podio has been producing noteworthy events for years. Until recently, these events were marketed primarily to residents of Brazil, and streaming issues have alienated international fans. A partnership with Flo Grappling aims to change that. Their

recent 2016 Lightweight Gran Prix featured a star-studded roster of grapplers with the likes of Leandro Lo, Lucas Lepri, AJ Sousa, Felipe Silva, Dillon Danis, and Edwin Najmi taking part. The tournament culminated with a close match between Lo and Lepri, with Lo winning 2-0. For this grappling fan, the matches were fun and

entertaining, but more than anything, it makes me wish that Lo had the contractual freedom to compete in more high-profile events. Oh man, do I have a jiu-jitsu crush on his guard.

COPAPODIO.COM

JJM

HOME TRAINING MATS

Practice and perfect your skills whenever and wherever you choose with Home Martial Arts Training Mats by EZ Flex.

Rollable and quick to set up and store, there's no better way to train at home or on the go.

Select from a variety of colors and sizes online at ezflexmats.com. Perfect for any age or skill level!



Official mat Sponsor of
NEWBREED
ULTIMATE CHALLENGE

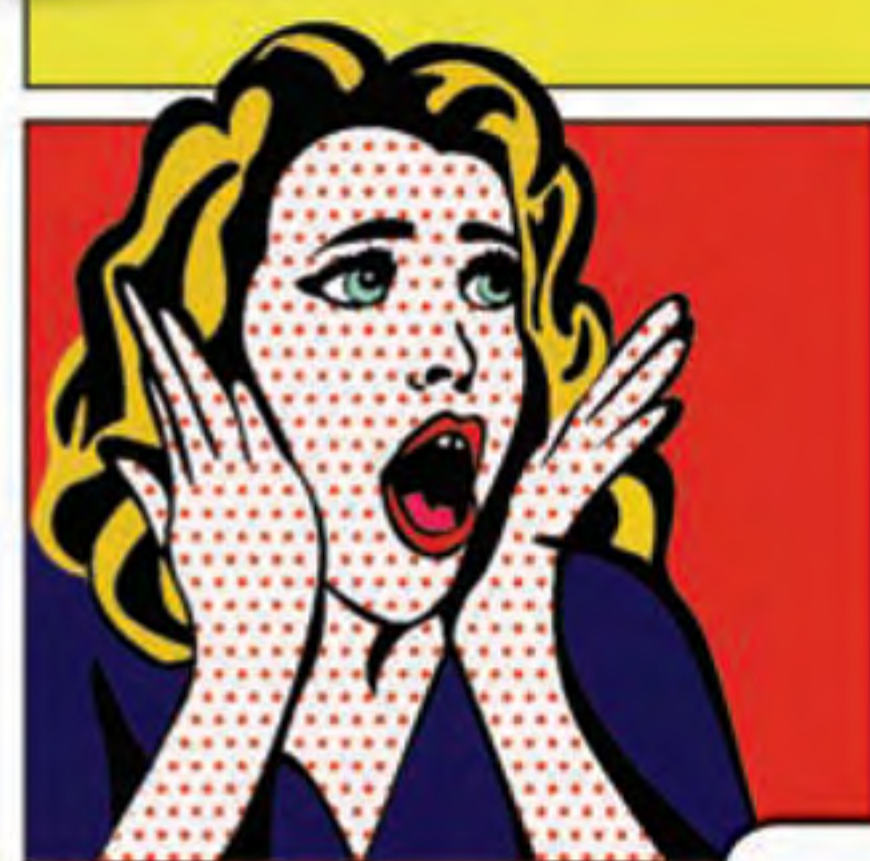
www.ezflexmats.com
South/Western US: 877-939-3539
East/Midwestern US: 877-404-2405

ORDER & PROGRESS
WWW.SEEKPROGRESS.COM



GET 15% OFF WITH CODE **JJMAG** AT CHECKOUT

FUSION-FG



**WHERE BRAZILIAN JIU-JITSU
AND POP-CULTURE MEET**

Officially Licensed BJJ Apparel
fusionfightgear.com

**JUDGMENT DAY
IS HERE**



BULL TERRIER

The Real Deal Arms

4 x Brazilian Jiu-Jitsu World Champion

Guilherme Mendes



Shopping site : www.b-j-j.com (日本語)
www.btfightgear.com (English)

Resellers

FIGHTER'S MARKET

Budo
videos

MMA
STORE

MMA
WAREHOUSE

www.bullterrier.co.jp

IT'S TRUE!

If you've been paying attention lately, then you've noticed the ads in Jiu-Jitsu Magazine advertising Trujitsu. Trujitsu is a new movement headed up by Jean Jacques Machado Black Belt - Matt Baker. We had a chance to sit down and ask Matt a few questions about Trujitsu.



What's the mission for Trujitsu?

To prove that jiu-jitsu can be successful without having to be physical. You don't have to be an alpha. You don't need to live at a CrossFit gym, or be loaded up with supplements to be effective. You can be successful against opponents that might be more physically dominating.

What exactly is Trujitsu?

A learning system that's on-line with a blog and free videos to help get the point across. The system is based on probabilities. Data that's been gathered from the most competitive environments over many, many years has gone in to designing the system. The moves in the system are designed to solve problems based on the most probable ways your opponent might move. It is a more cerebral form of jiu-jitsu, that is based on how opponents will more than likely respond in competition.

Why did you decide to do this?

When I hear people say they're going to start doing jiu-jitsu but first they want to lose some weight, that's bad. We want to stop that. There

are ways to play jiu-jitsu and be successful without having to be the most physical.

Is there anything for sale on the website?

Trujitsu gear is available, and we'll be coming up with discounts offers where if the person on the other end performs the techniques we teach, or better yet, they pull it off in competition and sends us a video, we'll extend them a discount. In some cases up to 50% off an item. The point of Trujitsu isn't about selling gear, it's about selling a movement. You can subscribe to the philosophies of Trujitsu without ever spending a penny.

What can people do if they want to learn more about Trujitsu?

They can visit our website, **TheTrujitsuRevolution.com** and read the blog and watch the videos. If you like it then keep coming back. That's it.

Sounds great, thanks Matt. Thanks for sharing, good luck with Trujitsu, we'll definitely have to find out more.

USE THE FORCE CHOKES

Check out this photo submitted to us by reader Randy Stacey. The photo was taken by Josi Hamilton [blue belt]. The two guys pictured are Zach Hamilton [purple belt floating] Adam Stacey [black belt]. Hope you like it!



BJJTOUR®

ARE YOU READY FOR 2016?

MAKE SURE TO GET ON THE TOUR!

\$50,000.00

8 TOURNAMENTS

01 BJJ TOUR FLORIDA

ORLANDO - KISSIMMEE CIVIC AUDITORIUM
FEBRUARY 27TH

02 BJJ TOUR CALIFORNIA

LOS ANGELES - AZUSA UNIVERSITY
APRIL 10TH

03 AMERICAN CUP

SAN FRANCISCO - COW PALACE
APRIL 23RD & 24TH

04 BJJ TOUR TEXAS

DALLAS - KITTY MAGEE ARENA
MAY 21ST

05 ALL STAR

SANTA CRUZ - KAISER PERMANENTE ARENA
JUNE 25TH

06 US OPEN XXI

SANTA CRUZ - KAISER PERMANENTE ARENA
OCTOBER 22ND & 23RD

07 BJJ TOUR NEVADA

LAS VEGAS - LAS VEGAS SPORT CLUB
NOVEMBER 12TH

08 BJJ CONNECTICUT

TO BE DETERMINED
TO BE DETERMINED

**TEACHERS & ACADEMY OWNERS:
PRIZE FOR FIRST, SECOND AND THIRD
PLACES IN THE ADULTS & KIDS DIVISIONS.**

TOURNAMENTS TOGETHER LLC
ORGANIZERS OF THE BJJ TOUR



WWW.BJJTOUR.COM

FACEBOOK.COM/OFFICIALBJJTOUR
INSTAGRAM.COM/OFFICIALBJJTOUR

PROMOTIONS

OZOMATLI

Student: Ulises Bella

School: Gracie Academy

Location: Torrance, CA

Everyone knows that jiu-jitsu practitioners come from all walks of life. We received a pretty interesting promotion this month from Ulises Bella, the saxophone player from the Grammy award-winning band Ozomatli. Ulises trains out of the Gracie Academy School where he just recently received a black belt. I'd be curious to see which he would consider a bigger accomplishment. Congratulations Ulises!



MAKING AN IMPACT

Student: G'Angelo Quintin (Green Belt); Austin Cleto (Orange Belt), Christopher M.C. Costa (Black Belt)

School: Impact Martial Arts Academy

Location: Virginia Beach, Virginia

We congratulate three individuals from Impact Martial Arts Academy.

G'Angelo Quintin - Green Belt

G'Angelo has been training since the inception of the BJJ program at Impact Martial Arts, where his father (Ervin Quintin) is the owner. Green belts are rare to see, and a great accomplishment!

Austin Cleto - Orange Belt

Austin was one of the first to join the kids program at Impact Martial Arts. Getting to orange shows real dedication!

Christopher M. C. Costa - Black Belt

Granted a black belt from Professor Carlos David Oliveira, Christopher is also the founder of the Armed Forces Martial Arts Network (AFMAN). As a member of the armed forces, Christopher created this network as a way for other members of the military to easily connect with locations they could train. A great idea, and amazing achievement!





AGENT COULSON GETS HIS BLACK BELT!

Student: Clark Gregg
School: Street Sports BJJ
Location: Santa Monica, CA

As a comic book fan, it puts a smile on my face to hear that Clark Gregg earned his black belt in Brazilian Jiu-Jitsu. Better known as Agent Phil Coulson in the Marvel Cinematic Universe, Gregg received his black belt from Renato Magno of Street Sports BJJ. Big congrats to Clark proving that he's a badass on and off the screen!



BEST BIRTHDAY EVER

Student: Drew Newton [Yellow],
 Laura Newton [Blue]
School: Next Generation MMA
Location: Frisco, TX



It's always great to see parents bonding with their kids through jiu-jitsu. Drew Newton turned nine and received his yellow belt from UFC/Pride Veteran Chris Brennan. His mother, Laura, also received her blue belt the same night. The entire Newton family of five trains jiu-jitsu, wrestling, and other martial arts. Definitely not a family you would want to pick a fight with!



ELITE FORCE

Student: Craig Haley
School: Elite Force Martial Arts
Location: Boca Raton, Florida

A 6th degree Black Belt in Kenpo Karate and 28 years of martial arts experience was not enough for Craig Haley, owner of Elite Force Martial Arts. He received his purple belt from 4th degree Master Alexandre "Pulga" Pimentel. Pulga will also start teaching out of Elite Force Martial Arts in the beginning of January 2016.



ACADEMY ANNIVERSARY AND A NEW PURPLE BELT!

Student: Rob White
School: Soca BJJ Academy
Location: Wantagh, New York

A new purple belt accompanied a 10-year anniversary for Soca BJJ Academy for Rob White. Rob trains directly under Alexandre "Soca" Freitas and receiving a purple belt from him is a wonderful honor!

TAKING IT
BACK TO
BASICS

Tatami



AVAILABLE NOW

TATAMIFIGHTWEAR.COM



NOVA / KIMONO

NOVA 2015 / LADIES NOVA 2015 / KIDS NOVA 2015 / NOVA MINIMO

WHOLE FOODS VS LIQUIDS

WE FLOW LIKE WATER, BUT SHOULD OUR FOOD?

WORDS: **MACKENZIE ARRINGTON**



WITH EVERY NEW YEAR COMES NEW AND “IMPROVED” WAYS OF ACHIEVING OPTIMAL NUTRITION. WITHIN THE GRAPPLING ARTS, WE DON’T ALWAYS HAVE TO WAIT FOR THE NEW YEAR; WE ARE ALWAYS EVOLVING DAY IN AND DAY OUT, AND WITH THAT, SO ARE OUR DIETS, NUTRITIONAL PROGRAMS, AND EATING HABITS IN GENERAL. Today, we are flooded with a plethora of different powdered supplements, liquid superfood concentrates, and even lab made liquid meal replacements that are designed to provide us with a perfectly balanced 2000 calorie diet without ever having to waste time cooking and eating whole foods again. Who wouldn’t want to never have to cook again or wasting time eating a meal? You and me, that’s who. With every decision in life, we must weigh the pros and cons. This month, we are sinking our hooks into the world of whole foods vs liquid foods, and finding out what is best for us.



YOU CAN'T HAVE YOUR CAKE AND DRINK IT TOO...

Should I be consuming only whole foods, or can I live off a liquid diet? The question is the same as, “Which are better, cats or dogs?” Luckily the answer is as simple as “Catdog.” Whole foods digest slower and are nutritionally dense, opposed to liquid foods that are absorbed almost instantly but rarely leave you feeling full or sustained for a long period of time. That is why in a perfect world, a combination of the two would be ideal. They each have their own role in our diet and absolutely should be used in concert with each other. Ultimately, we should try and get as much of our nutrients from whole foods and fill in the gaps with liquid foods.



WHAT EXACTLY IS A LIQUID FOOD?

Can we live off of a liquid only diet? Of course you can, but would you want to? Probably not. Many people on earth are living off liquid only diets as we speak, and the majority of them are not by choice. When people are ill, have medical conditions, or have had certain surgeries, they are often put on liquid only diets. So, can we get all of our nutrients and sustenance in liquid form? Yes. But for this topic, we are referring more so to juices, supplement shakes, and smoothies, which are much tastier than most medically prescribed alternatives.

COMMON LIQUID MEALS

SUPPLEMENTS: You can practically get anything you can imagine in a powdered form that can be easily dissolved in water or juice and chugged in a matter of seconds.



JUICES: Taking the hard to digest fibers out of fruits and vegetables leaves us with a pure form of liquid that is jam-packed with all of the nutrients from the foods we have smashed into a pulp.



SMOOTHIES: When you do not own a juicer and like to have some fiber in your diet, liquefying whole foods rather than extracting the moisture from them is the way to go.



SOYLENT KILLER

"Soylent" is a newer product has recently been all the rage. It is a full meal replacement drink that is designed to be nutritionally complete and provide a whole 2000 calorie diet within a few drinks a day. Coming in a powder form, and now in a ready-to-drink form, for those of you who would rather work all

day, train, and sleep. This replacement is kind of cool on paper but ultimately will rob you of the enjoyment of food, the social aspect of sharing a meal with friends, family, and loved ones, and the joy of creating a tasty work of art through food.



WHAT DOES OUR STOMACH THINK?

Do you listen to your gut? I do not mean when it is grumbling at you because it needs food or when you trying to make a tough decision, but rather how your stomach feels about whole foods versus liquid. When we consume food, the process of digestion and rate of absorption is dependent on what the food is made of. Choosing the right type of meal, at the right time,



MORNING: Hybrid. Whole & Liquid.

In the morning, we wake up with an empty stomach and need to refuel, but also stock up for the day. A combination of whole foods and liquid will give us the initial boost of nutrients we need to start the day, but also fuel to burn through as we get going. Opt for more dense smoothies that contain some fats and slow digesting carbs.



LUNCH: Whole foods:

At this point in the day, we are probably running on empty as far as having food for our stomach to digest. It is a good point to restock and "throw some logs on the fire". Liquid meals here will give a boost but make our stomachs crash shortly after.



PRE/POSTTRAINING:

Hybrid. Whole & Liquid:

Pretraining can be a toss up and is really based on how you feel training with food in your system. I feel that a light whole food meal, with a small portion of liquid, is ideal for pretraining. That way you get the boost from the liquid while having sustainability from the whole food. One or the other usually leads to being bogged down by whole foods or feeling sloshy and petering out early from liquids. Post training liquids are ideal because you rapidly absorb the nutrients lost from rigorous training.



DINNER: Whole foods:

The same reasoning as lunch applies for dinner for the relaxation and enjoyment of eating. This is when we have family time, or a chance to unwind from the day. Think, wouldn't you rather sit down with a beautifully cooked steak to sink your teeth into while talking with your family about the joys of life, or drink what usually tastes like bland pancake batter in a matter of seconds and then try and find something to do while everyone else is enjoying their feast and conversation?



SNACKING: Liquid: For snack times, liquid

foods shine - they are quick, easy to carry/prepare, and are nutritionally packed. Adding a few nutrients is all we need more often than not to get us through to lunch or dinner without feeling bogged down by adding more whole foods on top of what we might still have in our stomach and are trying to digest.



CONCLUSION

Eating food is more than just for fueling our body, it is for pleasure as well. We have taste buds for a reason, and foods have flavors for the same reason - eating is meant to be enjoyable, to be an experience. Drinking our food sends no signals to our brains to fire off pleasure sensors. Humans have been designed to ingest whole foods but we cannot do so without liquids present. A combo is essential to achieve the best of both worlds. Whole foods are like slow pressure passes, they are great and effective but don't always lead to a finish. Liquids are a slick armbar that is undeniably effective, but if you find yourself mounted, you probably should not be trying to use that armbar. But if you use that pass to set up your armbar, you will find success. You will also find success by checking out grapplergourmet.com for recipes, reviews, and interviews. With that being said: Eat, and in this case, drink well, train hard. OSS



FUJIMATS

+ FACILITY DESIGN

**Official Mat Supplier of
Andre Galvao & ATOS
Jiu-Jitsu**



Andre Galvao

- President of ATOS Jiu-Jitsu Association
- Multiple Time World BJJ Champion & 3x ADCC World Champion



PROFESSIONALS IN MATS + FACILITY DESIGN
MARTIAL ARTS | BJJ | MMA | JUDO + MORE

VISIT US AT:
www.FujiMats.com

CALL US AT:
800.663.0629

EMAIL US AT:
info@FujiSports.com



IMMUNE BOOSTERS

WORDS: JEREMY REID



WINTER IS HERE, AND WITH IT COMES COLDS AND OTHER COMMON ILLNESSES. IT IS A TIME OF INCREASED STRESS ON THE BODY, ESPECIALLY THE IMMUNE SYSTEM. As jiu-jitsu athletes, our immune systems are already stressed from fighting off all kinds of bacteria from the mats and our partners. When you take our already stressed bodies, combined with the added stress of these extra infectious agents, the risk for catching

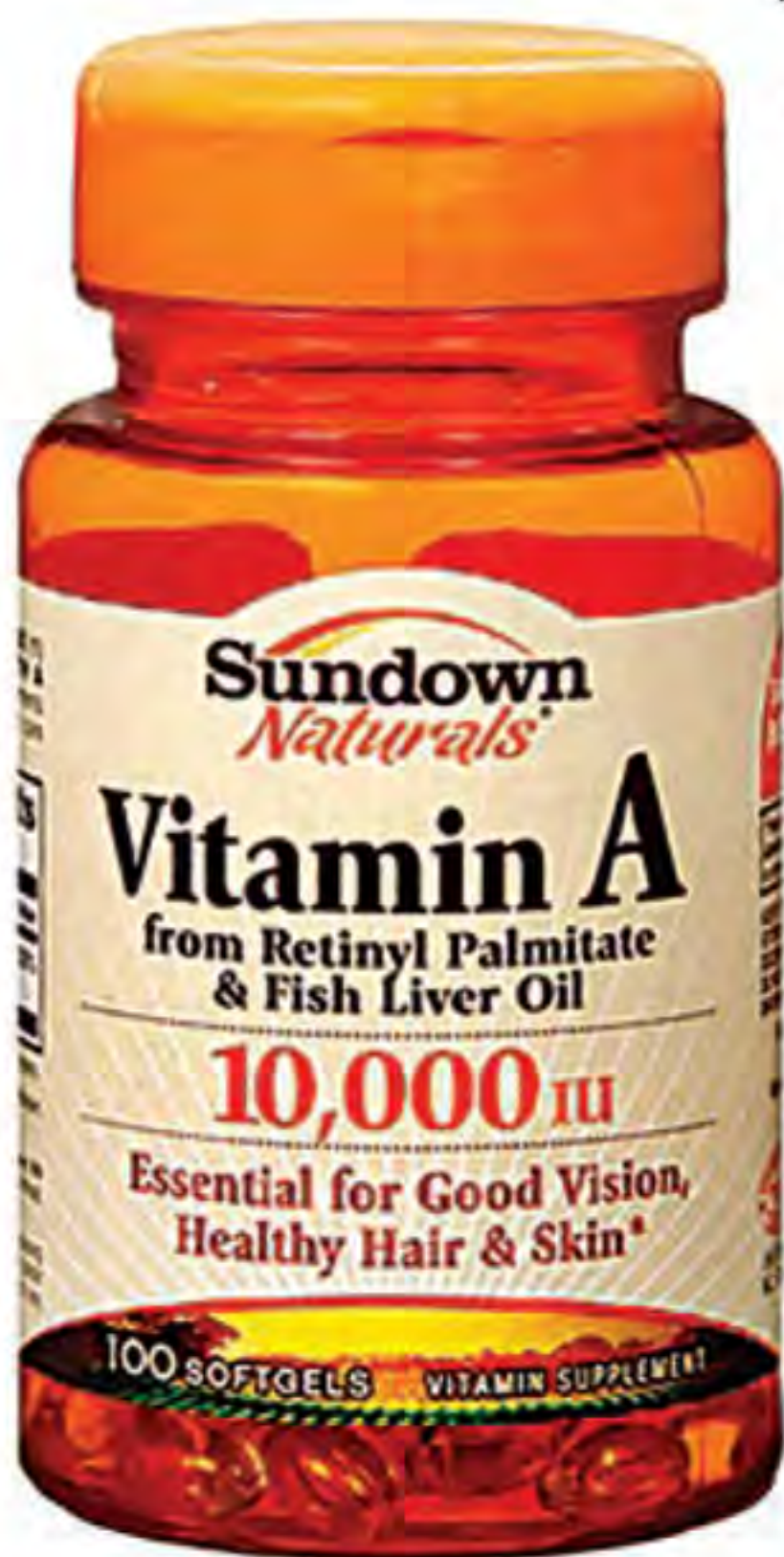
something goes through the roof. There is only so much our immune system can take. We definitely don't want to get sick, and we definitely don't want to take time off the mats, but what can we do? Well luckily, there are a few supplements out there that can help boost the immune system, and keep it running effectively through this time of added stress.



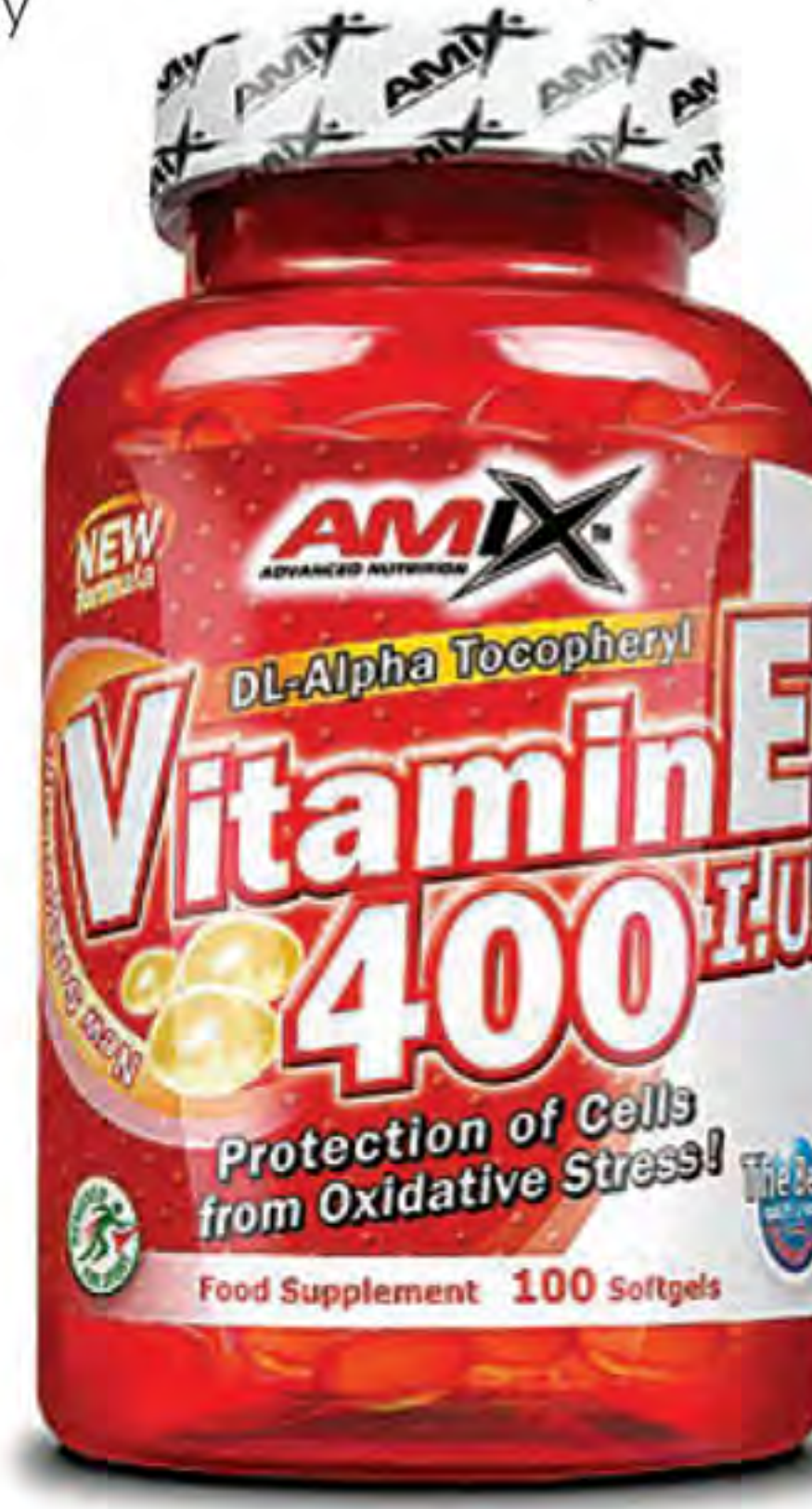
VITAMINS

This may seem pretty simple, but a lot of people have vitamin deficiencies. Vitamins are crucial components your body uses for numerous processes inside the body. Without them, your body cannot run efficiently. And if your body isn't running efficiently, your immune system isn't

running efficiently. While all vitamins are important, there are a few that play a specific role in immune function. Vitamins A, C, and E are prominently involved in immune function. Vitamin A helps to maintain mucosal cells responsible for creating the barrier that keeps out infectious agents.



Vitamin A is also necessary for generation of antibodies that fight infections. Vitamin C is an antioxidant that protects the body's cells, including immune cells. Vitamin C has also been shown to stimulate white blood cell creation and activity. Vitamin E also plays an important role in immune function, specifically white blood cell function. Studies have continuously demonstrated individuals with vitamin E deficiencies have higher rate of infections and sickness. As you can see, adequate vitamin intake is critical for immune function. Luckily, it is also probably one of the easiest things to fix. Increasing vegetable and fruit intake will greatly increase vitamin intake. I also recommend taking



a quality multivitamin supplement daily. This is a great way to ensure vitamin intake across the board is sufficient daily.



ECHINACEA



Echinacea has been used for centuries to help treat common ailments. It is one of the oldest Native American medicinal plants that still holds use today. It was originally thought of as a "cure all" and has been used to treat a host of things including cold, flu, migraines, indigestion, ulcers, burns, rattlesnake bites, and gum disease. However, the most common and studied use is fighting off infections, especially upper respiratory infections. In fact, prior to the development of antibiotics, Echinacea was the most popular treatment for infections. While it is still unclear exactly how Echinacea works, there are a few mechanisms that are believed to be responsible for the benefits. Echinacea can stimulate immune cells inside the body, improving

both the effectiveness and efficiency of these cells, leading to increased neutralization of bacteria and other invading organisms. It has also been suggested that it may inhibit bacteria's ability to access healthy cells. Echinacea also seems to decrease inflammation inside the body, leading to reduction in symptoms of infections. Echinacea comes in many forms and can be taken as a tea, pills, powder, or liquid extract. While there really is no superior form, you do want to ensure you are taking a high quality brand. Like most popular supplements, there are some "watered down" versions available with poor quality. You should begin Echinacea supplementation at the onset of cold/flu like symptoms, and continue until symptoms are gone.



ZINC

Zinc is a trace mineral that is imperative for a large amount of processes inside the body. In fact, zinc is involved in more enzymatic reactions inside the body than any other mineral. It also plays an important role in immune function. It increases production and efficiency of white blood cells. It also helps your body release more infection fighting antibodies. One of the unique ways zinc helps the immune system is that it may actually be able to prevent the infection cells from reproducing inside the body. The problem with zinc is that the body has no way to store it. Therefore, your body relies on daily intake through food and/or supplements to meet zinc needs. While zinc is readily available in foods, mild zinc deficiencies are actually fairly common. This is especially true in vegetarian and vegan diets, as well as, in individuals who take certain drugs like ACE inhibitors and acid reflux drugs, these drugs can deplete zinc stores inside the body which can lead to deficiencies. This is why I generally recommend consuming a zinc supplement daily. Most quality multivitamins will contain zinc, so that is a good start and a great daily practice. However, during times of infection or sickness, zinc demands can increase. If you fall into one of the above mentioned groups at risk for deficiencies, I would recommend adding another dose of zinc daily. A normal dose of zinc is around 12mg, and you could take as much as 25mg if you are at risk or during times of sickness. But be careful, as consuming too much zinc can actually have adverse effects on the immune system.

GARLIC

No doubt everyone knows what garlic is, and no doubt when you mention garlic, everyone immediately starts thinking about cooking. But there are a lot of other helpful uses of garlic and I am not talking about fighting vampires. Garlic was used for hundreds of years by the ancient Greeks and Egyptians as a medicine. They used garlic to treat parasites, fatigue, poor digestion, infections, and respiratory problems. In fact, garlic was given to some of the first Olympic athletes as the original "performance enhancing drug." Garlic has made a resurgence recently as a health supplement. While the main reason for this comeback is due to its potential cardiovascular benefits, there are some other benefits being noticed, namely immune boosting properties. Garlic actually has antibacterial, antiviral, and antifungal properties, which makes garlic a powerful infection fighter. Studies have shown garlic as being effective for reducing severity and likelihood of catching common colds. Allicin is the main active compound in garlic, and is responsible for most of these amazing benefits of garlic. It is also what gives garlic its unique smell. For this reason, you should avoid "odorless" or "aged" garlic as the allicin content may be low.

I would also recommend getting "enteric" coated capsules. These break down slower and ensure active compounds make it into the intestine for maximum absorption.



CONCLUSION

Germes are out there, and they love spreading and infecting as many people as they can. While you can try to avoid them as much as possible, you can't control your training partners, coworkers, kids, etc. Your exposure to infectious agents will go up and there's a good chance your immune system is already close to overdrive. This is where the immune boosting supplements can come in. They can keep your immune system running efficiently and help get you through this time of added stress and risk. Pay attention to your body and keep training hard.

THE ONLY CARDIO EQUIPMENT
THAT KICKS YOUR ASS.

GARRY TONON

- METAMORIS SUPER FIGHT CHAMPION
- EBI SUPER FIGHT CHAMPION
- FIVE GRAPPLING SUPER FIGHT CHAMPION
- POLARIS SUPER FIGHT CHAMPION
- ADCC

EFFECTIVE CARDIO.



- + BJJ, GRAPPLING, MMA CARDIO
- + EXPLOSIVE SPRINT TRAINING
- + NON IMPACT ON KNEES / HIPS
- + TOTAL BODY TRAINING
- + 2 CARDIO MACHINES IN 1
- + SAVES FLOOR SPACE

MADE IN USA



TO LEARN MORE ABOUT VERSACLIMBER CLICK US TODAY!



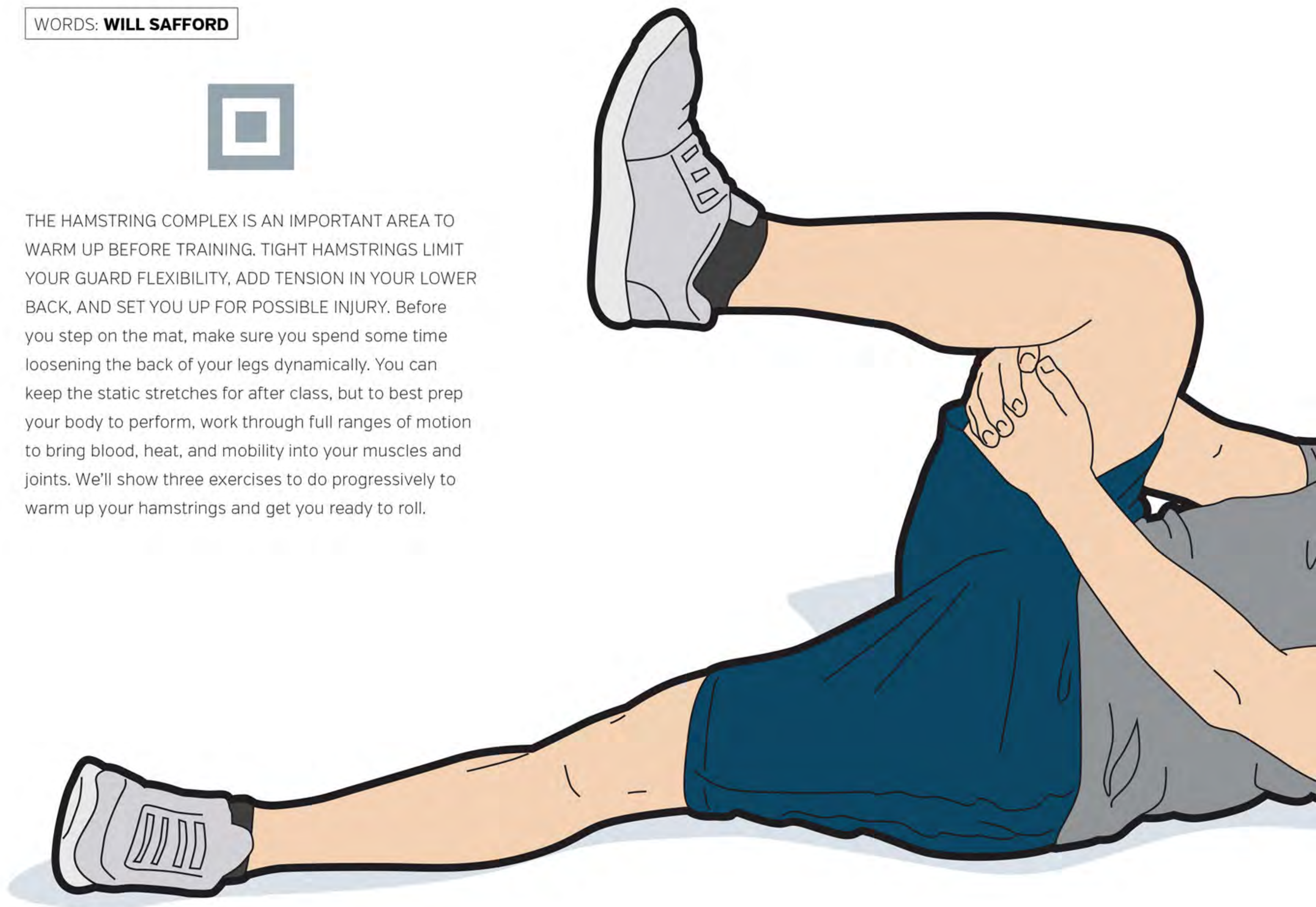
**VERSA
CLIMBER**
.COM

HAMSTRINGS

WORDS: **WILL SAFFORD**



THE HAMSTRING COMPLEX IS AN IMPORTANT AREA TO WARM UP BEFORE TRAINING. TIGHT HAMSTRINGS LIMIT YOUR GUARD FLEXIBILITY, ADD TENSION IN YOUR LOWER BACK, AND SET YOU UP FOR POSSIBLE INJURY. Before you step on the mat, make sure you spend some time loosening the back of your legs dynamically. You can keep the static stretches for after class, but to best prep your body to perform, work through full ranges of motion to bring blood, heat, and mobility into your muscles and joints. We'll show three exercises to do progressively to warm up your hamstrings and get you ready to roll.



LYING HAMSTRING EXTENSIONS

Start with Lying Hamstring Extensions to begin loosening the back of your legs. Your sciatic nerve, or the main nerve in your legs that connects back to your spinal cord, travels through your hamstrings. If your hamstrings are tight, many times they can put pressure on this nerve and can lead to uncomfortable lower back pain. Lying Hamstring Extensions will create space for the nerve to glide and gently stretch your hamstrings in the process.

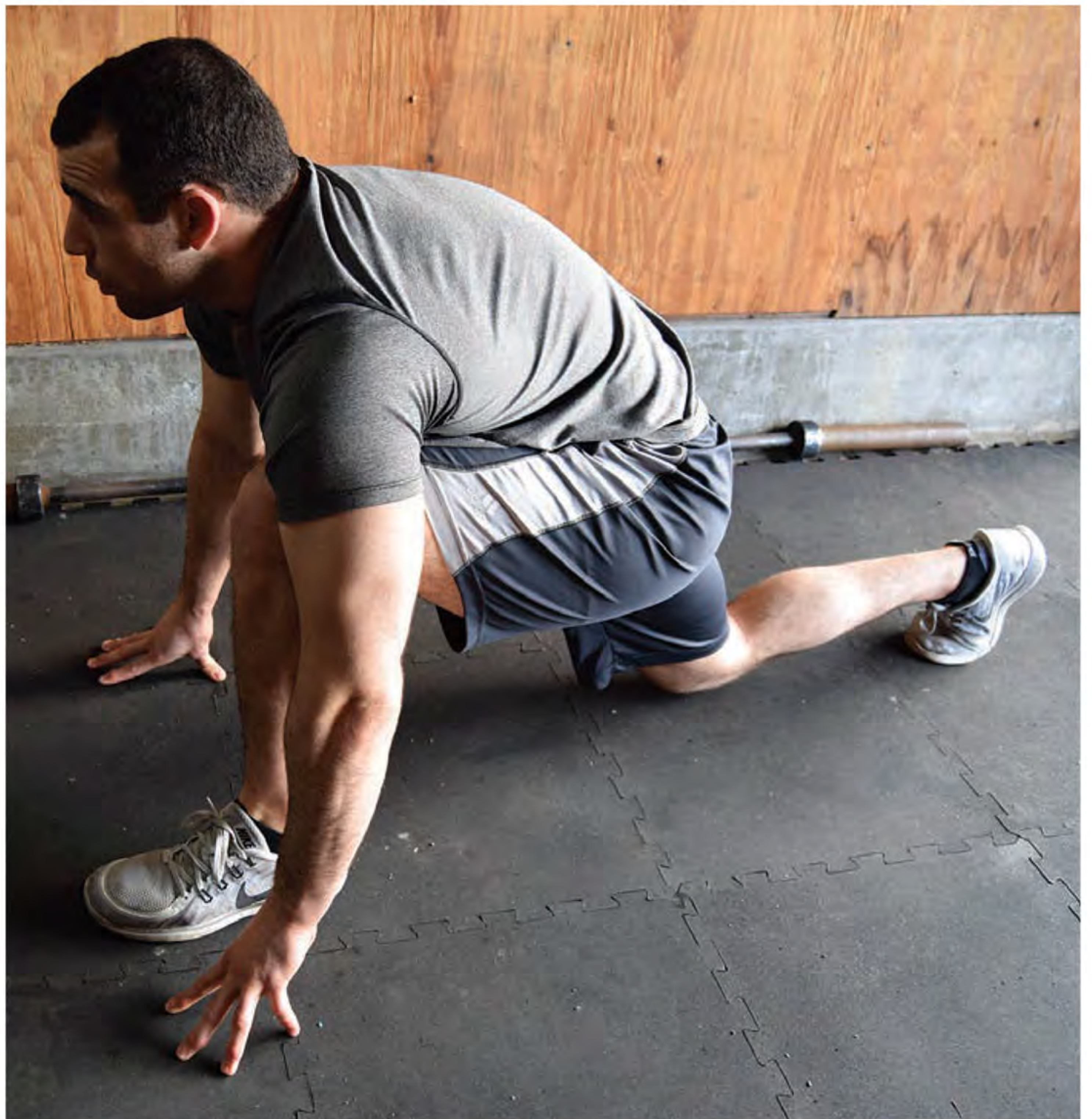
Lie on your back with one leg flat on the ground and the opposite knee up and bent at 90 degrees. Hold the back of your hamstring and slowly straighten your leg up until it's fully extended. Actively pull your toes back toward your shin for more of a stretch and continue to bend and straighten your leg for 10 to 15 repetitions. Repeat on the other leg.



❖ RUNNER'S LUNGE TO STRAIGHTEN

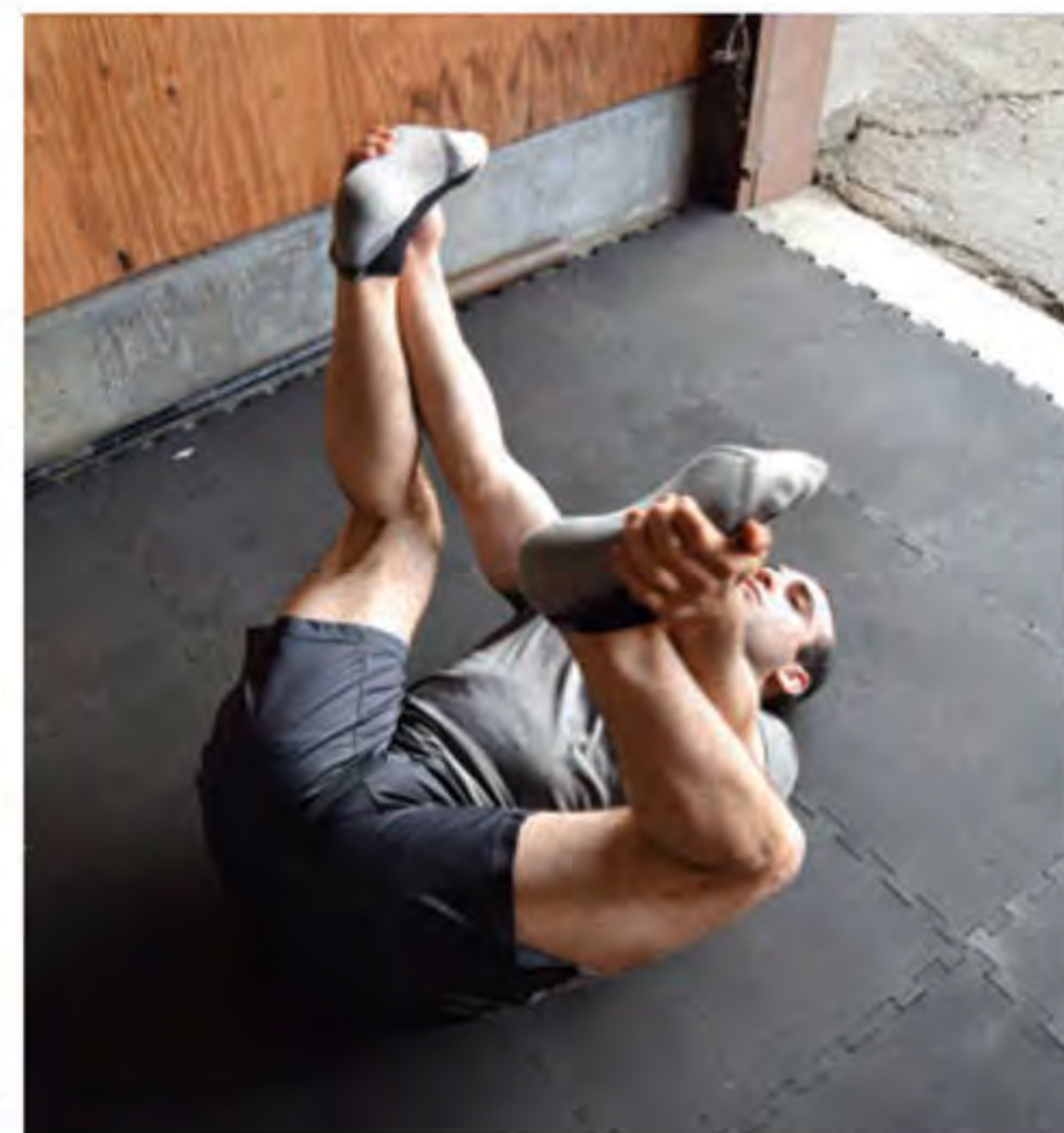
The next exercise in the hamstring sequence builds on the previous move and loosens the muscles further. Start by assuming a Runner's Lunge position as if you were about to take off from the starting line. Place one hand on the outside of your foot and the other on the inside, and lift your back knee off of the ground. Sink deep into the lunge then slowly straighten your front leg. Continue to bend and straighten your front leg from bent at 90 degrees to straight for 10 to 15 repetitions.

When starting, you do not have to straighten your front leg fully, but allow it to loosen up over the course of the set. If your hamstrings are very tight, move your hands back on the ground closer toward your body. If you need more of a stretch, move your hands further from your body and be sure to repeat on both legs.



SPIDER GUARD STRETCH

The final hamstring stretch will prepare you for playing guard and loosen your hips and hamstrings in the process. Lie on your back and pull both knees in, grabbing around the outsides of your feet. Pull one leg down and in toward your armpit, feeling a deep stretch in your hip. At the same time, extend the opposite leg out, stretching your hamstring and inner thigh. Next, pull the extended leg in toward your armpit and extend the opposite leg out. You will rock side-to-side continuing to pull and extend your legs to loosen your hamstrings, hips, and lower back. Continue for 10 to 20 reps.



PRESCRIPTION

Before class or your next training session, start with Lying Hamstring Extensions to prepare for activity and the hamstring exercises to follow. Perform 10 to 15 extensions per leg. Once your legs have loosened a bit, move on to the Runner's Lunge to Straighten and perform 10 reps per leg. Finish your warm-up with the Spider Guard Stretch, performing 20 total reps. Be careful not to move too quickly through these exercises or stretch beyond your ability. It's easy to pull a muscle or injure yourself if these exercises are performed too aggressively.

FINALLY, THE BATTLE HAS ENDED.

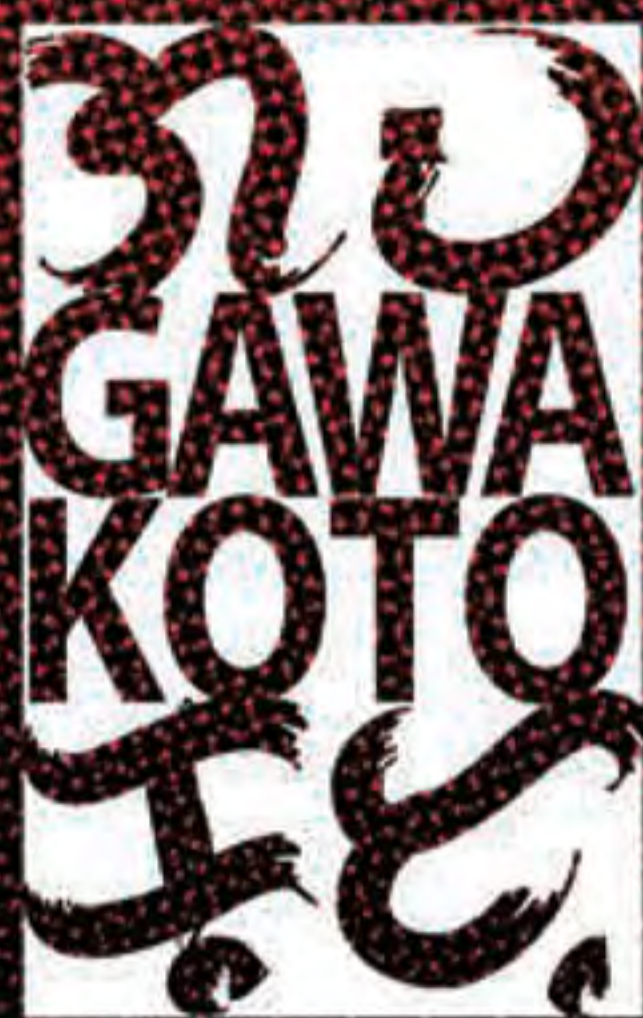
NOW, HE SITS VALIANTLY AND TRIUMPHANTLY
OVER THE BODIES OF HIS ENEMIES.

HIS NAME WILL TRAVEL ACROSS THE GALAXIES...

-TO BE REMEMBERED..
TO BE CHALLENGED.

THE ADVENTURES OF KALABAW CONTINUES AT--

WWW.GAWAKOTO.COM



**GAWAKOTO
CLOTHING CO.**

EVENT



GARRY TONON LOCKS IT UP YET AGAIN...



Garry Tonon Locks It Up Yet Again...

THE FIFTH INSTALLMENT OF THE EDDIE BRAVO INVITATIONAL DID NOT FAIL TO DELIVER ON ITS PROMISE OF SUBMISSIONS. THE 16-MAN, LIGHTWEIGHT, SUB-ONLY TOURNAMENT, WAS THE FIRST OF ITS LINE TO INCLUDE A ROSTER OF ONLY BLACK BELTS, WHICH DID NOT DISAPPOINT. Of the 15 overall fights, 10 ended in submissions in regulation time, as well as two of the three scheduled super fights ending in submissions as well. In fact, only one match ended without a submission, with the rest all showcasing finishes in the unique EBI overtime period. To say the least, the night was action packed, with an enthusiastic crowd, aggressive competition pool, and two returning champions set on retaining their belts.

WORDS: **WILL SAFFORD** | PHOTOS: **PATRICK FLORES**



THE RULES

For those uninitiated with the rules of the Eddie Bravo Invitational, grapplers face off in 10-minute sub-only matches that allow for most submissions and attacks, including heel hooks, leg locks, and scissor takedowns. If at the end of the regulation period no submission is produced, opponents are each given an opportunity to submit the other from an advantageous position while the other attempts to escape. Opponents can choose to attack from either the back position with both hooks in and a seat-belt grip, or the spider armbar, which is the armbar grip before it's extended. If both opponents escape, the overtime period continues for a maximum of three rounds. If after three rounds there is still no submission, the opponent who escaped in a faster time combined for the three rounds advances on.

PAY DAY FOR THE CHAMP

Another of Bravo's unique ploys to yield the finish is submission bonuses. For each completed submission on the way to

victory, the champion receives \$5,000. So if the overall champ submits every one of his opponents on his way to the belt, he can earn a total of \$20,000. Garry Tonon, rising jiu-itsu superstar and two-time EBI Champion, did just that. Known for his devastating leg lock game, Tonon wowed the crowd on his way to his third title, displaying a diverse skillset including a rear naked choke, two heel hooks, and



an inverted triangle. Tonon was actually a late substitute for his training partner, Eddie Cummings, who suffered a knee injury and was forced to pull out. At no point throughout the night did Tonon look to be in trouble, and he consistently pushed the pace in relentless pursuit of the tap.

ROAD TO THE FINAL

Although we're starting to see quite a few repeat names at the Eddie Bravo Invitational, the field is strong, and competitors clearly only receive the return invite if they're exciting to watch and solely focused on finishing the fight. One return competitor, Raphael Domingos, quickly captured the crowd's attention as he came out fierce in his first match, quickly finishing his opponent via head and arm triangle. The Brazilian Domingos then dethroned reigning lightweight EBI 2 champ, Denny Prokopos in a dramatic, antic-filled overtime match. If anyone was going to give Tonon a run for his money, it was the Demian Maia prodigy, Domingos. Accordingly, he found himself squared up with Tonon in the finals after advancing over Kim Terra, the brother of jiu-jitsu star, Caio Terra. In the end, however, it was the superior leg attacks that locked up the belt and \$20k for Tonon, as he forced Domingos to tap via inverted heel hook in the final.

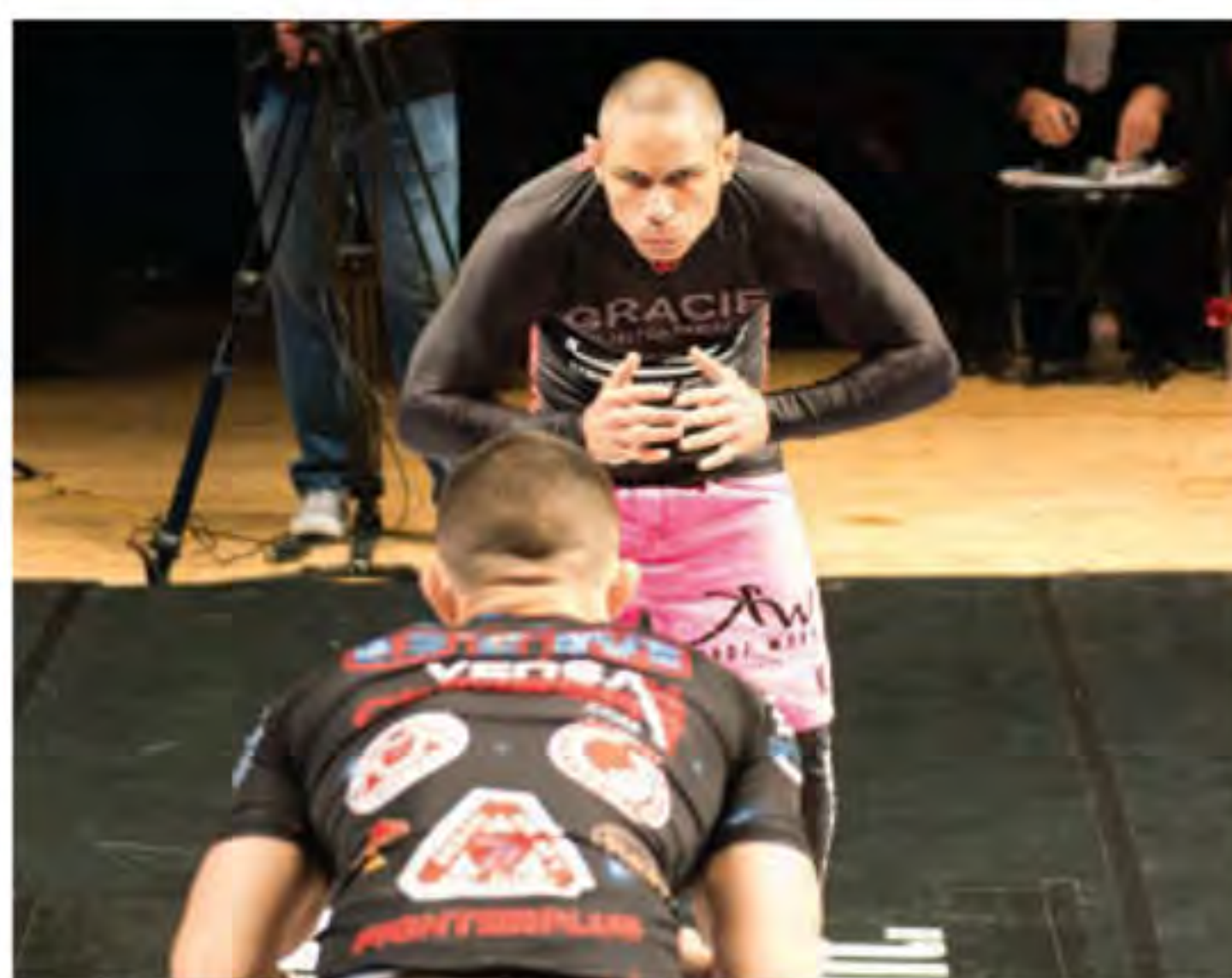




WHAT'S EDDIE UP TO?

It's apparent that Bravo is attempting to accomplish a few things with his invitational, which is now heading into its sixth edition. First and foremost, Bravo aims to bring high-level jiu-jitsu to the mainstream in its most exciting form possible, via eliminating points, including overtime periods, and paying submission bonuses. He has also created an outlet to display his unique brand of 10th Planet Jiu-Jitsu, featuring hyper-flexible guards and unorthodox submissions. Finally, Bravo has produced a platform for a potential major organization featuring reigning weight class

champions, worthy contenders, crowd favorites, and hyped matchups with possible big-time upsets – much like the UFC. The mega MMA organization also had its start with tournament style events, a returning champion in Royce Gracie, and a goal of showcasing its unique style of fighting in Brazilian Jiu-Jitsu. We all know how that turned out with the UFC now in its 23rd season, with dozens of events each year, selling out massive arenas globally. We'll have to stay tuned to see if Bravo can push his event along the same path.



WHAT'S NEXT? EBI 6

With the likes of UFC fighters Neil Magny, Brendan Schaub, Kelvin Gastelum, and Ben Saunders, as well as UFC commentator Joe Rogan, and grappling greats, Robert Drysdale, Dean Lister, and Joel Tudor in attendance, Bravo's event is the real deal and worth attending or catching online if you get the chance. The sixth Eddie Bravo Invitational is targeted for April 2016 in Mexico City. It will be the first invitational allowing for all weight classes in an absolute division, and the ante is upped, rewarding the victor with \$12,500 per submission. With a possible \$50,000 up for grabs, EBI 6 will surely draw some big names and submission hungry competition.

WE INNOVATE WHILE OTHERS IMITATE!™

SWAIN HYBRID MAT

LOW PROFILE VINYL
EASY TO CLEAN
LESS MAT BURNS
PERFECT TRACTION
GREAT FOR GI AND
NO-GI TRAINING



RINGS • CAGE PANELS • WALL PADS • POST PADS • CLEANING PRODUCTS

MARTI MALLOY
Olympic Judo Medalist
Dollamur Athlete


SWAIN™
A DOLLAMUR COMPANY

**FREE LAYOUT and
DESIGN SERVICE!**

**800.662.4616
SWAINMATS.COM**

© 2015 Dollamur Sport Surfaces, LP



THE GUARD: ESSENTIAL VOCABULARY

WORDS: **MARSHAL CAPER** | ILLUSTRATIONS: **DAVE PALACIOS**



THE GUARD IS ARGUABLY WHAT MADE JIU-JITSU FAMOUS. TO THE UNTRAINED EYE, THE BOTTOM MAN IS IN GREAT DANGER, BUT ARMED WITH AN UNDERSTANDING OF THE GUARD, HE HAS THE TOOLS TO REVERSE THE POSITION OR TO END THE FIGHT RIGHT THEN AND THERE. Royce Gracie put this revelation on the world stage in the early UFCs, and our collective fascination with the guard continues today. The ability to fight and win from your back is empowering, and if we're being honest with ourselves, really fun.

Jiu-jitsu evolved rapidly since the Royce Gracie days, and the most visible aspects of that evolution are in the guard. Sport jiu-jitsu has spawned

dozens of variations and takes on what it means to play guard. The best jiu-jitsu minds continue to push the position to new and more creative heights, and the rise of jiu-jitsu as an online community means that every innovation spreads quickly. For new students, however, this expansion of technique and terminology can be confusing.

To help with this, we assembled a basic visual dictionary of the guard. We don't cover every possible variation of grips and leg positioning, but we do touch on the big concepts that you are most likely to encounter in your early months of training [encounter, not necessarily use]. We recommend keeping this article handy for reference as you continue training.



GUARD

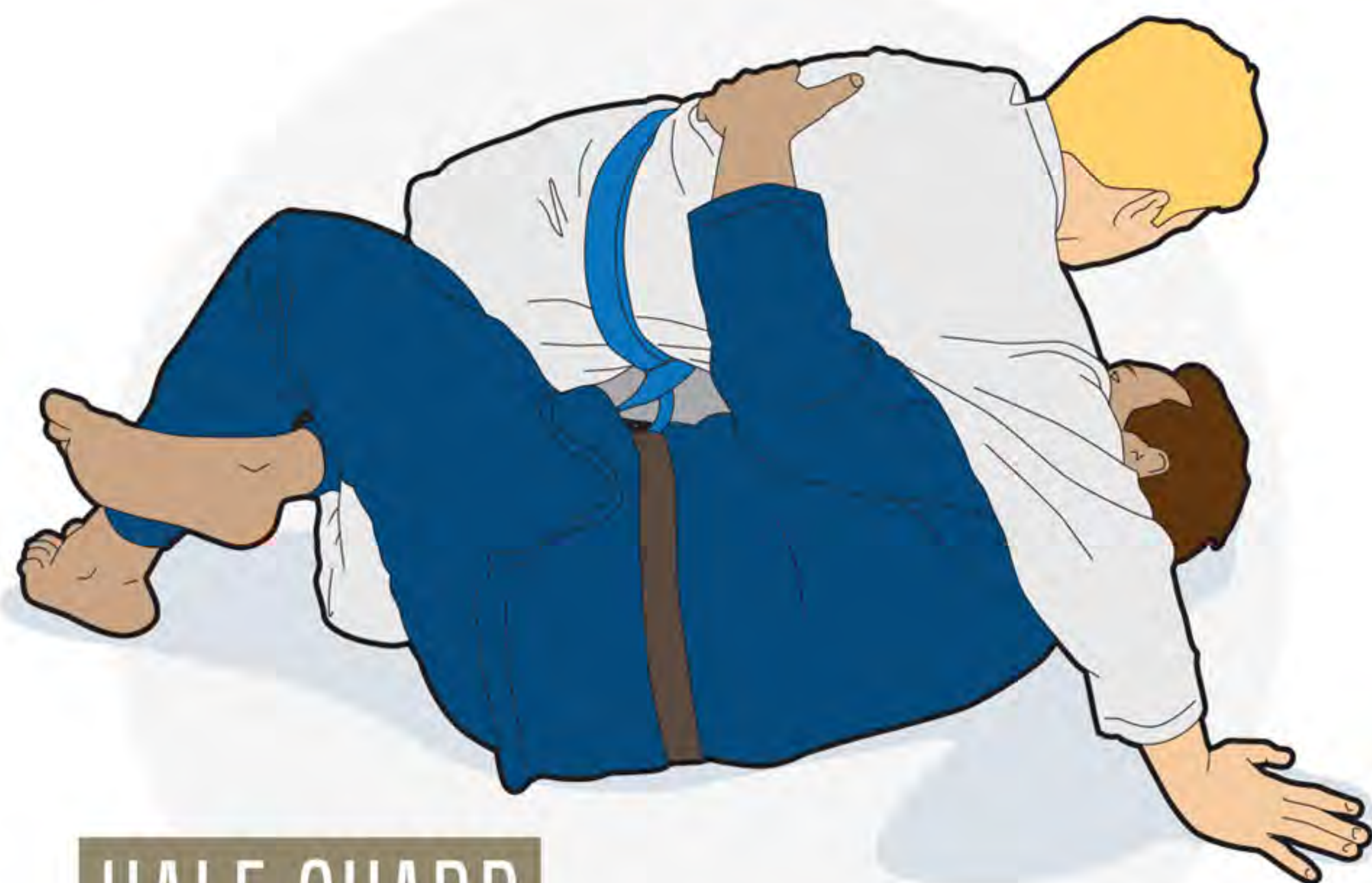
In the broadest sense, the guard is any position where you are on the bottom with your opponent between your legs in some manner. As you'll see, this open-ended definition can result in some unusual entanglements, but labelling something a "guard" gives you a hint as to the possible intentions: typically to attempt a sweep to either end up on top or to catch a submission along the way. It's worth noting that a few jiu-jitsu minds argue that you have a "guard" as long as you are on the bottom and your opponent has not yet completed his pass (see the turtle guard).



CLOSED GUARD

This is guard 101 for most new students. Your legs are wrapped around your opponent's waist, and your ankles are crossed, "closing" the guard. From here, the tactics of closed guard vary based on your grips—sleeve and collar, double sleeve, sleeve and pants, hugging the head, hugging the body, hooking the leg, etc. New students are usually taught the closed guard because it lends itself to self-defense and the high-levels of control it affords helps to slow the game down. With your closed guard set, you are a few movements away from a variety of sweeps and submissions, although you will have to open your guard to attack with almost all of them. In sport jiu-jitsu, we see very little closed guard, as experienced grapplers are adept at avoiding being sucked into the position when they are on top, and often prefer more aggressive open guards when they are on the bottom.

RECOMMENDED GRAPPLERS: Any competitor prior to 2005.



HALF GUARD

Half guard is any position where you have one of your opponent's legs wrapped or controlled by your legs. In traditional circles, half guard is thought to be inferior to closed guard, as you are giving up "half" of your control. In a modern sport context, however, half guard can be a powerful position, and some competitors have gone as far as to specialize in attacks from this position. Where new students will use the half guard to survive and (hopefully) recover their guard, a high-level competitor can use half guard to sweep, to transition to deep half guard, to set a butterfly hook, or attack with a leg submission.

RECOMMENDED GRAPPLERS: Marcus "Bucheche" Almeida, Lucas Leite, Bernardo Faria

HIGH GUARD

Technically, high guard is a variation of closed guard, except instead of having your legs wrapped around your opponent's waist, you have your legs closed around their shoulders. A strong high guard means having one leg on top of one of his shoulders and your other leg under his armpit. The beauty of this position is that you can attack with a triangle, armbar, omoplata, or cross collar choke (if you have the grip) with very little movement, and having your legs high on your opponent means that he will find it even more difficult to maintain his posture.

RECOMMENDED GRAPPLERS: Demian Maia, Royce Gracie.





RUBBER GUARD

The relevance of rubber guard is hotly debated in jiu-jitsu circles. Whether or not you use it, you should be aware of what it is for the sake of jiu-jitsu conversation. Rubber guard is a variation of high guard where you grip your own ankle to increase your mobility and your ability to control posture. Eddie Bravo popularized a procedural system for the position under the banner of 10th Planet Jiu-Jitsu. At the same time, Bravo and other critics note that the idea of grabbing your own ankle is not in itself revolutionary, as other grapplers have used variations of what we now call rubber guard. Harsher critics argue that the reliance on extreme flexibility makes this position dangerous for new students.

RECOMMENDED GRAPPLERS: Eddie Bravo, Nino Schembri

SPIDER GUARD

This is a classic open guard position. To control your opponent, you establish a double sleeve grip and use your feet in your opponent's biceps to attack their posture and destabilize his base. Spider guard gives you access to the lasso hook and creates opportunities for triangle chokes, omoplata, and biceps slicers. In the hands of top competitors, spider guard can blend with positions like De La Riva and grip variations like sleeve and collar. Traditionally, lanky grapplers tend to gravitate toward spider guard because of the amount of space and mobility it provides for footwork.

RECOMMENDED GRAPPLERS:

Leandro Lo



OPEN GUARD

If the closed guard is when your ankles are crossed, open guard is any guard where your ankles are not crossed, making this an umbrella term that encompasses a wide range of guards. You can play open guard with your opponent kneeling, or your opponent standing, but in most practical applications, your opponent will stand to pass leaving you to use your feet and some grip control (like sleeve and collar or sleeve and ankle). Open guard will be a part of your game in some form or another, and the wide variety of open guards means that who you are as a grappler is likely to shine through in this position.

RECOMMENDED GRAPPLERS: Any modern competitor.



SCISSOR GUARD

Sometimes referred to as knee shield guard, scissor guard takes the scissor sweep and treats it like a position. With your knee positioned high in the chest and a collar and sleeve grip established, scissor guard can give you a significant amount of control over your opponent, and the constant threat of a scissor or hook sweep gives you a smokescreen for setting up triangles and cross collar chokes. Whether they linger in the position or not, most grapplers end up using some variation of scissor guard to transition from closed guard to open guard. You are more likely to see a classic competitor using scissor guard than the latest batch of high-level competitors.

RECOMMENDED GRAPPLERS: Any competitor prior to 2005.



SITTING GUARD

This open guard position looks how it is described: you are sitting on your butt looking to attack your opponent. In most conversations, sitting guard can refer to you butt-scotching with both legs flared out, butt-scotching with one leg flared and one leg posted up (as though you were about to execute a technical stand-up), or butt-scotching with you hugging one of your opponent's legs. Technically, butterfly guard (talked about next) is a form of sitting guard, but the placement of your hooks dramatically changes your approach. Sitting guard is great for mobility, allowing you to quickly attack with arm drags or single legs. Some submissions are possible from there, but it's primarily used for getting to the top.

RECOMMENDED GRAPPLERS: Marcelo Garcia, Jeff Glover, Mackenzie Dern

BUTTERFLY GUARD

The sister to the seated guard, the butterfly guard has you on your butt with at least one foot set inside of your opponent's thigh. Butterfly guard is a dynamic open guard primarily used for butterfly sweeps. Like the seated guard, submissions are possible from butterfly guard, but the strength of the position lies in the leverage of the butterfly hook, meaning that if you play this position, you will either get the sweep or use it to transition to an even stronger sweeping position, like X-guard or single-leg-X-guard.

RECOMMENDED GRAPPLERS:

Marcelo Garcia





FUJI®

GI & GEAR / ACHIEVE EXCELLENCE

WHOLESALE ACCOUNTS WELCOME!

Register your club today at
FUJISPORTS.COM

Or Call 800.757.7686




FUJI
#1
RATED
BJJ BRAND

DE LA RIVA GUARD

Taking its namesake from Ricardo De La Riva, De La Riva guard refers to a now fundamental open guard position where you hook your opponent's knee with your foot. From there, the De La Riva guard has a variety of permutations. Your non-hooking foot can be used to pressure the hip, the opposite leg, as a spider guard hook, or as a lasso hook. In its original form, the De La Riva guard was primarily a sweeping position, but with the rise of Berimbolos and 50/50 guard, it is often used as a path to the back or an entry for a leglock.

RECOMMENDED GRAPPLERS: Ricardo De La Riva, Mendes Brothers, Miyao Brothers, Keenan Cornelius, Leandro Lo.



INVERTED GUARD

Take the open guard or closed guard and spin it upside down. That's the inverted guard. This position attracted the ire of traditional grapplers in the early 2000s, but now inverted guard has evolved to play a role in a number of sweeps and transitions—from playing open guard as a position itself, or using inversions to set up Berimbolos or leglocks. When played in isolation, inverted guard is a sneaky way to set up triangles. When mixed with other guard positions, you can see inverted guard concepts playing a role in De La Riva guard, Reverse De La Riva guard, 50/50 guard, and even takedowns.

RECOMMENDED GRAPPLERS: Ryan Hall, Miyao Brothers, Mendes Brothers



Evolve Your Jiu-Jitsu.
100% HEMP KIMONOS

- Naturally Antimicrobial
- Prevents Smells & Bacterial Growth
- Softer & Stronger Than Cotton
- Visit flowkimonos.com to learn more



flow

TURTLE GUARD

Depending on who you ask, the turtle position may or may not belong to the guard family. While you don't technically have your opponent between your legs, he has not yet established the control necessary to earn guard pass points. Regardless of the terminology, you are likely to find yourself using turtle to defend the guard pass attempt so that you can either finish a reversal or recover your guard. If you fall into the Eduardo Telles line of thinking, turtle can be a powerful sport jiu-jitsu position.

RECOMMENDED GRAPPLERS:

Eduardo Telles, High-Level Wrestlers



This is by no means an end-all-be-all list of guard terms or positions. Your instructor may place an emphasis on other positions or use differing terminology. That's fine. Our goal here is to help you familiarize yourself with some of the most commonly discussed guard positions so that you can further your learning. Next time, we will explore some of the most common advanced guard positions.

jjm



**FOR A FREE GYM DESIGN
CALL 866.722.0402**

MATS / PADS / BAGS / RACKS / ACCESSORIES



**ZEBRATM
MMA**

**ZEBRATM
TACTICAL**

**ZEBRATM
MARTIAL
ARTS**

CONSULT > DESIGN > INSTALL

www.ZebraAthletics.com

TECHNIQUE

D-FENSE, D-FENSE

WITH SERGIO MACHADO

WORDS AND PHOTOS: **PATRICK FLORES**



MONTCLAIR, CALIFORNIA, IS HOME TO CHECKMAT SCHOOL TEAM 3, AND INSTRUCTOR SERGIO MACHADO. AS YOU STEP THROUGH THE DOOR, THIS ACADEMY PAYS RESPECT TO SERGIO'S MILITARY BACKGROUND. The academy's name, Team 3, honors the friends he has lost overseas in the line of duty. As a former Army Ranger with 10 years of experience, and three tours in Iraq, Sergio has done plenty to serve this country. Today, he continues to satisfy his never-ending desire to help people through teaching the art of jiu-jitsu.

Sergio's fascination with jiu-jitsu began in the military. He loved the feeling of competing and it carried over into jiu-jitsu where he still

competes today. After originally training with Jean Jacques Machado, [no relation] until he was a purple belt, Sergio eventually received his black belt under Professor Ricardo "Pantcho" Feliciano.

As an instructor, Sergio now is in a position to help others. More than a plate of great sushi and accomplishing his own goals, Sergio loves to see his students achieve their own goals. He was able to show us some defensive techniques along with a pretty cool attack the readers of Jiu-Jitsu Magazine would really enjoy.





SINGLE LEG DEFENSE: LEG GRAB TO BACK

Instead of relying on a hard sprawl, or cross face, give this technique a try. It works well if your opponent has a deep single leg and is grabbing around the thigh.



PLAY VIDEO



STEP 1

Reach over your opponent's back, grabbing their leg. If your opponent is grabbing your right leg, you must reach and grab their right leg with your right arm. Hug your opponent's leg while applying pressure to their ribs.



STEP 2

While in this position, begin to apply more heavy pressure with your sprawl, also torquing your hips.

STEP 3

Step through, opening your opponent's grip on your leg (if they haven't let go already due to the pressure).

STEP 4

As you step through, maintain your balance and transition to the back.



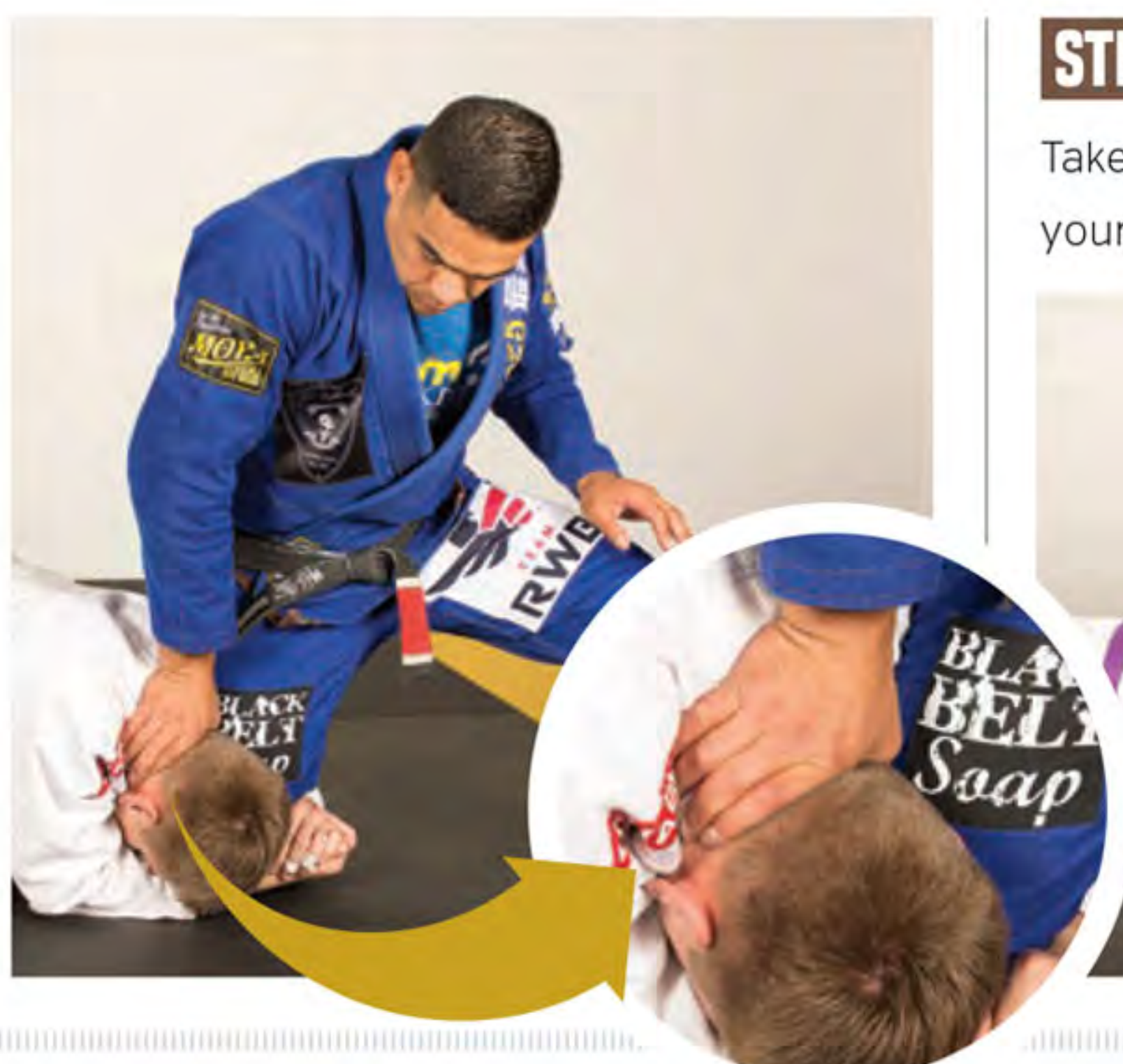
SINGLE LEG DEFENSE: C-CUP GRIP TO THE BACK



PLAY VIDEO

STEP 1

Take the hand on the same side your opponent is attacking. Make a "C-Cup" with that hand. Place that hand behind the neck, forcing your opponents forehead to the ground. They will likely continue to drive for the single leg, but this will slow them down enough to counter.



STEP 2

Take your knee off the ground and begin to point your knee away from your opponent to escape.



REVERSE

STEP 3

When you feel your opponent's grip is loosening; quickly pull away, never removing pressure from the back of your opponent's neck.



STEP 4

Move back onto your opponent's back. Only remove the neck pressure once your center of weight has moved behind your opponent.

REVERSE



SUBMISSION FROM THE BACK: REVERSE TRIANGLE FROM FAILED BOW AND ARROW ATTEMPT

Now that you've taken the back, you have to try to finish. One of my personal favorites has always been the bow and arrow choke. It's not always a sure thing, and changing it into a reverse triangle is a great alternative.



PLAY VIDEO



STEP 1

As you begin to go for a bow and arrow choke, your opponent begins to counter by breaking the grip, or prying your elbow up. This can also be used to trick your opponent into thinking that the bow and arrow is coming, but switching it last minute for a reverse triangle.



STEP 2

As they break the grip, or you identify that you might lose the submission, grab the leg that is over your opponent's belly. Pull your shin up as you shift your hips out.



ALTERNATE VIEW





TRAIN FOR LIFE

Caio Terra
10 Time World Champion

Gameness

www.facebook.com/GamenessFightwear 

[@GamenessFightCo](https://twitter.com/GamenessFightCo) 

www.gameness.com 

**STEP 3**

Your body can't be too far down behind your opponent, while at the same time not too far away. When you feel comfortable, close and lock the triangle.

**STEP 4**

Since this technique started as a bow and arrow, you should still have one hand holding onto the knee. With both arms, now grab that same leg you have a hold of and bring it to you while bumping your hips forward. Grab at the knee to avoid being penalized for a kneebar (should your division not allow it).



TRIANGLE DEFENSE: SIT OUT

If your opponent locks a tight triangle, this technique could save you from having to tap. It's somewhat riskier but can come in handy when you have no other options.



PLAY VIDEO

SIDE NOTE:

This is an explosive motion that is meant to surprise your opponent.

STEP 1

You will need to perform a sit out. On the side opposite of the lock, step your leg out.



JIU-JITSU IS #GRACE



STEP 2

Perform a wrestling style sit out by taking your opposite leg and shooting it through to the opposite side. It is important to not fall straight back, but instead shoot your body forward. When this step is completed, you should be looking straight up at the ceiling. This part is very explosive, so do this quickly!

**ALTERNATE VIEW**

TATAMI MATS

GREATMATS

MARTIAL ARTS FLOORS

The Very Best for Less

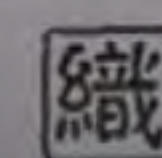


WWW.GREATMATS.COM
877-822-6622



MADE IN USA

5% OFF WITH CODE JJM5
WWW.KATAARO.COM



STEP 3

If successful, you opponent's lock will open or loosen enough for you to escape your head.



ALTERNATE VIEW



STEP 4

As you come up, stay tight on your opponent and quickly come up to a side control position. Getting a grip behind your opponent's collar will help pull you up.



"HANNYA"

MANTO X ALBERT MARTINEZ

WWW.MANTOUSA.COM

TRIANGLE DEFENSE: SPIDER GUARD

This escape/defense works really well if your opponent's triangle isn't fully locked and you have some wiggle room.



PLAY VIDEO



STEP 1

Start by grabbing your opponent's arm. It's not difficult to catch, as your opponent will likely be trying to pull you down. Get a grip using both of your hands on your opponent's one arm [2 on 1] focusing on that one arm.

STEP 2

Sit back on your butt with the goal in mind to move your leg inside to place on your opponent's bicep [the same bicep you've obtained the grips on]. This creates a spider hook. Extend that leg out while maintaining the grips. Your opponent will not be able to finish the triangle should this defense be applied correctly.



SIDE NOTE:

Be very mindful as this may expose your arm for an armbar attempt. It will however force your opponent to open their guard allowing you to escape.

STEP 3

Readjust if needed and spider hook the other leg. Your opponent's arms are now immobilized, putting you in a great position to escape.





STEP 4

If your opponent is stubborn and refuses to open the triangle, feed your foot over the body. Explode back to open the triangle lock.



STEP 5

After the triangle is open, obtain a pant grip and push it off to one side. Move towards the side of the leg that is up on your opponent's body. From here, you can begin to step over, transitioning into a more favorable position of your choice.



NO PASS CHOKE WHEN BLOCKED BY A KNEE SHIELD

This move works well when your opponent is preventing you from passing with a well-utilized knee shield.

STEP 1

Take your opponent's topside lapel and feed it behind their head, grabbing it with your opposite hand.



STEP 2

Grab the top part of the lapel over your opponent's head.



STEP 3

Apply the choke like you would a cross collar choke, pushing the top arm elbow to the ground.



EDUARDO TELLES

Turtle Guard Sweeps and Attacks

WORDS: MIKE VELEZ | PHOTOS: PATRICK FLORES





THE TURTLE IS A POSITION THAT'S LIKE A COIN WITH TWO SIDES. THE PERSON ON THE BOTTOM FEELS A SENSE OF SAFETY, MAYBE THEY WERE BEING PASSED AND THEY TURTLED UP, OR THEY WERE IN A WORSE POSITION AND MANAGED TO MOVE TO THE TURTLE. If their defense is solid, and their opponent's offense not so good, they could defend the hooks and the neck long enough to catch their breath, or eke out a points win by stalling. The other side of the coin feels like an advantageous one. When you're on top, you're looking at your opponent's back. Everything is there for the taking if you could just get the grip or the hook you want, you're going to get the

back, the side control, the choke. It's just a matter of time for the person playing on top.

Now stepping back and analyzing this position, what if you could routinely mount an effective attack from the turtle position? Would that change your game? Probably. With an arsenal of weapons to choose from while in the turtle position, let's start calling it the "turtle guard." We could mount an effective attack that will take most of our opponent's by surprise. Remember, when you're on top, and someone's turtled up, you think you've got them. Little did you know that they're playing their game, turtle guard.

EDUARDO TELLES

Nobody has used the turtle guard in competitive jiu-jitsu more effectively than Eduardo Telles. Eduardo hails from Rio de Janeiro, Brazil. His martial arts career began as a young teenager with karate. At about the age of 17, his karate school began teaching jiu-jitsu. Eduardo's first instructor was Fernando Yamasaki, whose brother is UFC referee, Mario Yamasaki. Around the time that Eduardo received his blue belt, he moved up to San Diego, California, and began training with Carlos Valente and Fabio Santos. Training with these two legends helped him tremendously and only furthered his love of jiu-jitsu. After receiving his purple belt from Valente, Eduardo moved back to Brazil, finding Fabio Gurgel and Alliance in São Paulo. At that time, Eduardo was training with Fernando "Terere" Augusto, Demian Maia, and many others that would go on to become household names in jiu-jitsu.

While at Alliance, Eduardo experimented with his jiu-jitsu, oftentimes putting himself in awkward positions. This willingness to experiment gave Eduardo's style of jiu-jitsu a name, "Esquijitsu," roughly translated into "weird jiu-jitsu." Eduardo earned his black belt from Fabio Gurgel in 2001. After splitting off from Alliance, Eduardo went with his friend Terere to help form TT Team. After it was dissolved, he struck out on his own to form Nine Nine Jiu-Jitsu. The 99 represents being so close to 100, which is perceived as perfection. Eduardo explains it as that constant struggle to reach perfection. We caught up with Eduardo at his home base in San Diego, CA.



RAW DATA

Powered by BJJ Heros

Lineage:

Mitsuyo Maeda > Carlos Gracie > Helio Gracie
> Rolls Gracie > Romero Cavalcanti > Fabio Gurgel

MAINS ACHIEVEMENTS (BJJ):

- ❖ World Champion, No Gi [2013]
- ❖ Pan American Champion [2007]
- ❖ Brazilian National Champion – CBJJE [2008]
- ❖ World Silver Medallist [1999 – Purple Belt];
- ❖ 3x World Bronze Medallist [2000 – Brown Belt, 2008 and 2010 Black Belt]
- ❖ 2x Pan American Silver Medallist [2005, 2006]
- ❖ 3x Brazilian National Silver Medallist [2001, 2005, 2006]
- ❖ 3x Pan American Bronze Medallist [2002 – Pesado and Absolute, 2004 Pesado]

FAVORITE POSITION: Turtle Guard

WEIGHT DIVISION: Pesado [Heavy], Super Pesado [Super Heavy] and Pesadissimo [Ultra Heavy]

TEAM/ASSOCIATION: Nine Nine



PROPER TURTLE GUARD FORM

The biggest mistake jiu-jitsu players make when they get in the turtle position is to get low with their hips, bending the knees so much that the feet and the butt touch. When you do this, you're giving up a lot of mobility and strength. If your opponent gets heavy on your hips, it will be more difficult to gain the mobility you need to perform most of the techniques that Eduardo demonstrates in this article. Instead, don't go so far down, keep your hips up, and your knees away from maximum flex. This will help you from being pushed or dragged over easily and have you in a position where you're ready to strike.

When in the turtle guard, the thing that Eduardo is concerned most with is not letting his

opponent get their hooks in. He's less concerned with neck attacks. For the techniques shown in this article, with the exception of the kneebar,

Eduardo wants his opponent to be attacking his neck - this means that they must play higher up on his hips.

TOO LOW



JUST RIGHT



STEAMROLLER



PLAY VIDEO

The Steamroller is an excellent option for when you're turtled up and your opponent is attempting to lock up a seatbelt control or go for a choke. For this technique demonstration, Eduardo explains to us that although he does have some takedowns that he uses, he typically will start matches by pulling guard. In this technique, he starts from standing by pulling guard and moving into the turtle guard position.



STEP 1

From standing, Eduardo grabs onto his opponent by controlling their sleeves. That way, his opponent can't shoot in and attack the legs.



STEP 2

Once he has the grips, he simply sits back and plays a sitting guard.



**STEP 3**

Unlike a traditional guard strategy where the person playing guard doesn't want to be passed, Eduardo makes it easy for them by allowing his opponent to push his legs to the side.

**STEP 4**

As his opponent is pushing, Eduardo rolls to his knees, and bases with his left hand to the mat. The typical response of his opponent will be to control the back, wrapping their arms around Eduardo.

**STEP 5**

With his right arm, Eduardo traps his opponent's right arm by tucking his elbow tight against his body. He'll also use his hand to control his opponent's right wrist.

STEP 6

Unlike other turtle rolls we've seen before, where the person on the bottom will look to "throw" their opponent with the arm control, Eduardo does a "roll." With control of the arm, he drops all of his weight down to the mat on his right side, leading with his shoulder. He brings his opponent's arm with him.

**STEP 7**

Once in this down position, Eduardo's opponent is teetering on top of him. Now he will use his legs to lift his hips up and to his right. With his left hand, he grabs his opponent's knee to help the roll.

**STEP 8**

As his opponent rolls over, Eduardo moves his right grip from the arm to the pants to help stabilize side control.



In step 5, Eduardo doesn't have to trap the elbow, as long as he has control of the forearm close against his body, he'll have enough leverage on his opponent.



TURTLEPLATA

This is a great option that Eduardo likes should his opponent block the Steamroller by basing out, or post his foot on the mat.

STEP 1

Eduardo begins in the turtle guard. His opponent is attacking the neck or going for the seatbelt. Either way, Eduardo is controlling his opponent's right arm with his right arm, holding it tight against his body.



PLAY VIDEO



STEP 2

Eduardo attempts the Steamroller, but his opponent bases out with his left hand to the mat to stuff the attempt.



STEP 3

Instead of forcing the roll, Eduardo steps his legs to his right side (counter clockwise) while controlling the arm.

STEP 4

As Eduardo continues this motion, his upper body weight is on top of his opponent's right arm and he's being pushed into the mat.





MASTER
YOUR
UNIVERSE.

STEREOSTAR
RASHGUARD

FROM

HYPN@TIK

AVAILABLE AT



**STEP 5**

Eduardo keeps his weight on top of his opponent's shoulder while continuing to control the arm. He can sometimes get the finish here, especially if his opponent makes the mistake of turning his head towards Eduardo. If this is the case, it's very difficult to defend the Turtleplata.

STEP 6

But like a common Omoplata defense, Eduardo's opponent can roll with the arm pressure.

**RULE CHECK!**

When this technique is done from a stalled turtle guard position, there would be no points for a sweep, but you'll be on top in side control.

STEP 7

If his opponent rolls, all Eduardo has to do is turn into him and be in the perfect position to establish side control.



KISSIMMEE CIVIC CENTER



1ST STOP: ORLANDO, FLORIDA

MAKE SURE TO GET ON THE TOUR!

SERIES

BJJ TOUR®

FLORIDA

\$50,000.00

**PRIZES BETWEEN ATHLETES
AND TEAMS FOR 2016**

**TEACHERS & ACADEMY OWNERS:
PRIZE FOR FIRST, SECOND AND THIRD
PLACES IN THE ADULTS & KIDS DIVISIONS.**

REGISTER NOW!

**FEB
27**

TOURNAMENTS TOGETHER, LLC
ORGANIZERS OF THE BJJ TOUR



FACEBOOK.COM/OFFICIALBJJTOUR

WWW.BJJTOUR.COM

INSTAGRAM.COM/OFFICIALBJJTOUR



LEG TRAP FROM TURTLE GUARD TO SIDE CONTROL



When you see this technique performed in real speed, you'll be amazed at how simple it looks. When it was demonstrated on me, I was dumbfounded at how easy it was and why I had never thought about it before [All the more reason to subscribe to Jiu-Jitsu Magazine with access to all of our technique videos!].

STEP 1

Eduardo starts in the turtle guard position. His opponent is kind of high up, maybe he's looking for that seat belt still, or attacking the neck. Regardless, Eduardo's hips are behind his opponent's.



PLAY VIDEO



STEP 2

Eduardo steps up his left leg [the side next to his opponent] and steps it over his opponent's right leg.



STEP 3

Now Eduardo scoops his left leg under his opponent's right leg. Once it's through, he sits back on his left leg to trap his opponent's leg.

STEP 4

Here comes the easy part. Now all Eduardo has to do is base out his right foot on the mat, and push his hip to his left side into his opponent.



STEP 5

His opponent will fall to his side, Eduardo controls his opponent's far leg with his right grip, and moves into side control.



LEG TRAP FAIL TO BACK DRAG

Let's say you go for the leg trap, but your opponent bases out with his leg or knee at just the right time and stuffs the attempt. This is what you do!



STEP 1

Eduardo can't push into his opponent anymore because they're based out properly. Instead, he drops back to the turtle position to give himself enough space to swim his left arm out from under his opponent and around his back.



PLAY VIDEO



STEP 2

Now all Eduardo has to do is change direction and forcefully drag his opponent to his right side using his left arm, and because his opponent's right leg is still trapped, he can't use that to base out or he'll fall to the side.



STEP 3

Once his opponent is down, Eduardo clears his left leg and moves into side control.



Both of these Leg Traps can work even if your opponent is sitting lower on your hips - you would just have to kick out that left leg further while rotating your body a bit so that you can get your left leg out and behind your opponent

BUY FACTORY DIRECT

PROMAGEAR

QUALITY AT PRICES
EVERYONE CAN AFFORD!

STARTING FROM

\$59.99

ULTIMATE GI'S

STARTING FROM

\$79.99



PEARL
WEAVE

ULTRA LIGHT GI'S



PEARL
WEAVE

RASHGUARDS

\$34.95



\$29.95



RANKED NO-GI SHORTS



\$38.95

BJJ / MMA
EQUIPMENT
AVAILABLE

FIGHT GLOVES

\$49.95



SPECIAL MAG OFFER



USE PROMOCODE
JJMAG2015

promagear.com

The most trusted brand in BJJ / MMA for the last 15 years!
1-877-776-6212 - INFO@PROMAGEAR.COM

SPECIAL DISCOUNTED PRICES FOR SCHOOL / CLUB
OWNERS (WHOLESALE) CUSTOMIZATION AVAILABLE FOR WHOLESALE

KNEEBAR FROM TURTLE GUARD

I didn't start going for leg attacks until I had my purple belt. Early on, I was a little reluctant to just go for it because oftentimes I'd have to give up a position I was comfortable with to go for the kneebar. When I saw this technique, I thought it was great because you gave up nothing. Even if you didn't get the kneebar, you end up in a not so bad position from turtle.



STEP 1

Eduardo's opponent is off to his side, but somewhat behind him. If he's in this position, there's a very high likelihood that his opponent's knee is between Eduardo's leg.



PLAY VIDEO



STEP 2

When Eduardo recognizes the knee is there, he windshield wipers his left leg over to trap his opponent's right leg.



STEP 3

Eduardo fakes as if he's going to roll to his right side, like a steamroller. This is to get him to base out with his left arm.

STEP 4

Once Eduardo feels that space created by the fake, he shoots his left arm down towards his right knee leading with his left shoulder to the mat.



STEP 5

When Eduardo commits to this movement, his body and his opponent follows by being rolled over. He quickly grabs his opponent's right leg by the pants so it can't get away.



STEP 6

With his right arm he hooks it around the captured right leg, immediately applying pressure against the knee so his opponent can't escape and applies pressure using his arms and hips to finish.



Where Eduardo positions his leg to finish the kneebar depends on his opponent's movement, should they attempt to escape.

If his opponent turns into Eduardo, then Eduardo will bring his left leg up and under his right knee to lock up a leg triangle over his opponent's thigh.



If his opponent turns away from Eduardo, Eduardo must extend his left leg to hook his opponent's right leg before he can turn away. If he misses this hook, his opponent might turn away enough to bend his knee, causing Eduardo to lose that fulcrum on the knee joint.

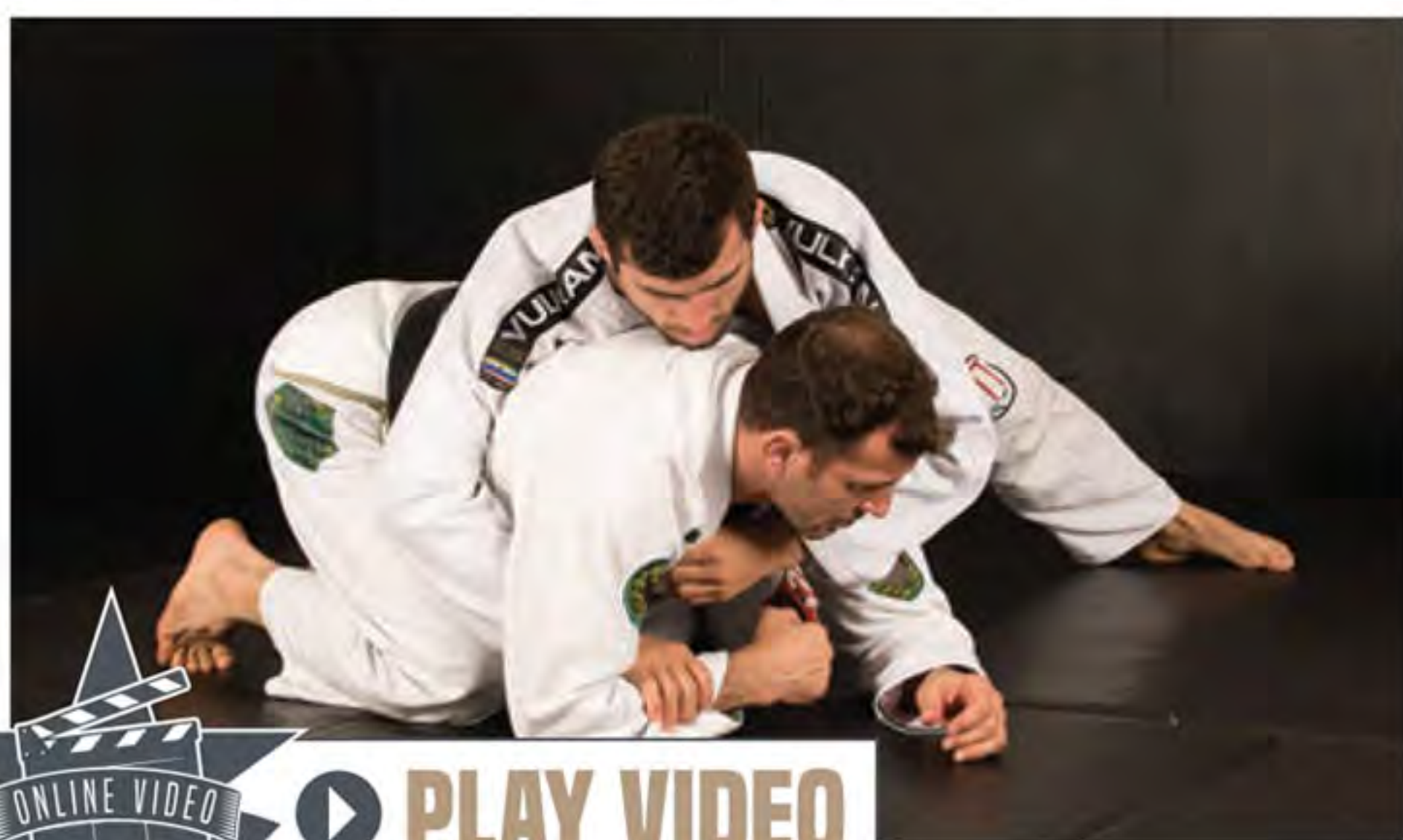


CLOCK CHOKE DEFENSE TO SIDE CONTROL

A very common attack on someone that's turtled up is to attack the collar by reaching between the neck and shoulder and going for what will eventually be a clock choke.

STEP 1

Eduardo is in turtle guard and his opponent is reaching in for his collar with his left hand. His opponent's right arm is over Eduardo's back to control Eduardo's ability to defend the collar.



STEP 2

Eduardo traps his opponent's right arm by squeezing his elbow against his body; at the same time, he turns his head and shoulders towards his opponent. This immediately defends the choke and begins the sweep.

STEP 3

Now Eduardo scoots his knees and hips so that he can fall to his right shoulder- the arm trapped helps bring his opponent along with him.



REVERSE



STEP 4

Using his left arm to help push his opponent's body over his, Eduardo continues the roll to end up in side control.



If his opponent is playing

with his hips real low, Eduardo might have to walk his feet to his right side once he gets his shoulder down to the mat.

If Eduardo can't trap his opponent's arm

before the roll, he can still continue the motion. If he can get his left arm deep in front of his opponent so that his elbow clears their body, he might be able to sit back for a sweep. If he can't get the sweep, then he could end up in his opponent's side control if the opponent has managed to defend the choke. At this point, you'd have to decide how much danger you're in with the choke if you don't have control of that right arm.



Technique that never relies
on one's strength...

Technique that never requires
speed or athleticism...

That technique that never
depends on "Beast Mode" to
be effective.

That is Trujitsu

Matt Baker

TheTrujitsuRevolution.com



BREATHE AND EXHALE

WORDS & PHOTOS **PATRICK FLORES**



I DOUBT ANY OF US REMEMBER THE FIRST BREATH OF AIR WE EVER TOOK. IT'S SOMETHING THAT COMES NATURALLY AND A SKILL WE DON'T EVEN HAVE TO LEARN. Having done it my entire life of 29 years, I thought I'd be an expert at breathing. It took only a three hour class with Dr. Belisa Vranich to find out that I've been breathing wrong. Dr. Belisa is a clinical psychologist who works with a variety of people, from many walks of life, to help them improve the fundamental skill that brings us life... breathing. For these individuals, the way they breathe could mean life or death. She began working with law enforcement official who worked in high-pressure situations and eventually, fighters approached her with concerns about their own technique. In a fighter's situation, every breath matters, so the techniques Dr. Belisa employs are vital for them.

In jiu-jitsu, one of the worst feelings is having a bigger, stronger person on top of you, smothering your every breath. You inevitably panic, expelling an excess of energy to try to get that behemoth off of you. What are you going to do? Jiu-jitsu coaches will often tell you to bridge, or hip-escape. Dr. Belisa would tell you to breathe and exhale. Notice I mention exhale, it's the other part of the equation that is just as important.



THE MUSCLES

Breathing has two parts to it- the inhale and the exhale. We begin life with an inhale, which will eventually end with an exhale. These two parts to breathing are controlled by different muscle groups. They work like other muscles and can be strengthened.



THE INHALE

Control by the thoracic diaphragm. Your diaphragm gets larger as you draw in air.

THE EXHALE

Intercostal muscles, abdominals, and pelvic floor all aid in expelling air out of your lungs.



WHAT ABOUT THE LUNGS?

Well, they store air although they perform other tasks not as relevant to this article. The largest part of the lungs are located towards the bottom of the organ. This part is also six times more efficient than the rest of your lungs. Most people also underutilize it. Being able to use your lungs at full capacity will help increase your overall breathing effectiveness.



RICKSON

When most people in jiu-jitsu think about breathing, they think about Rickson Gracie's breathing technique. Rickson is able to show remarkable control of his diaphragm using a technique derived from yoga. After reading this article, will you be able to control your diaphragm like Rickson? No...but this article is your first step in that direction.

VERTICAL VERSUS HORIZONTAL BREATHING

Take a deep breath. Now exhale. Did your shoulders move up as you inhaled and down as you exhaled? If so, don't worry, 90% of people breathe this way, so you're breathing like everyone else. Unfortunately, this is not the most efficient way to breathe. One of the first things I learned from Dr. Belisa was the difference between vertical and horizontal breathers. We all start out as horizontal breathers as children. This changes as we grow up. We're told as children to stand up straight, suck in that gut, and as a result, become vertical breathers. Vertical breathers don't utilize the lower part of their lungs as well as horizontal breathers, which makes them less efficient breathers.





NOSE VERSUS MOUTH BREATHING

Breathing in through the nose has shown to have benefits for calming the brain. It also increases circulation and blood oxygen levels, among other benefits. Practicing Dr. Belisa techniques teaches students to breathe out of the mouth first, eventually learning nose breathing techniques.

VANITY VERSUS FUNCTIONALITY

Six pack abs is one of the most desirable traits among athletes. It's associated with health, fitness, and the idea of sexiness. Unfortunately, they usually are the worst breathers. From a breathing point of view, it's more vanity to have six pack abs instead of functional.

LEARN TO BECOME A BELLY BREATHER

Becoming a belly breather will allow you to utilize the most effective parts of your lungs. While learning these techniques is difficult without proper instruction, these two exercises can help.

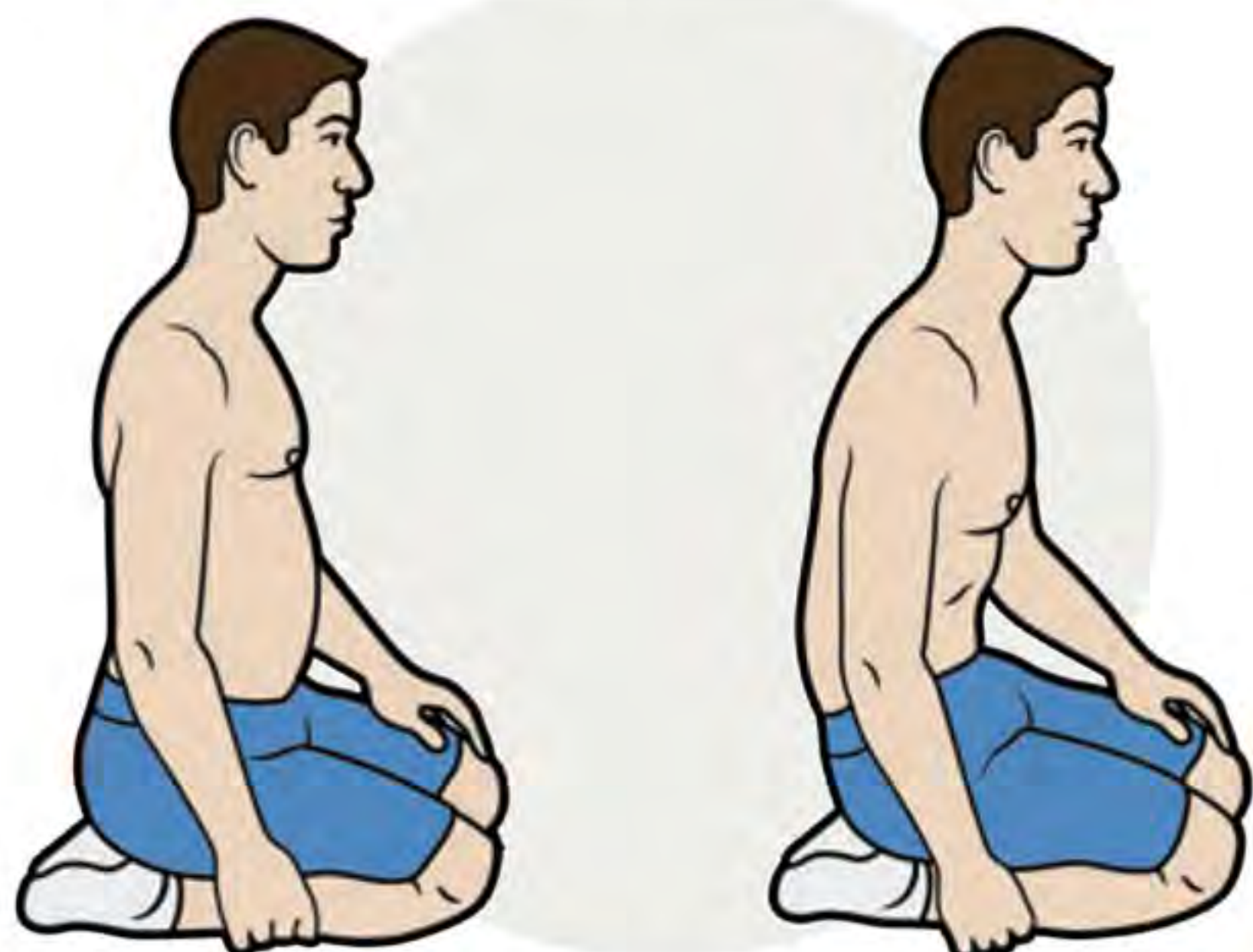


From the book **Breathe** by Dr. Belisa Vranich.



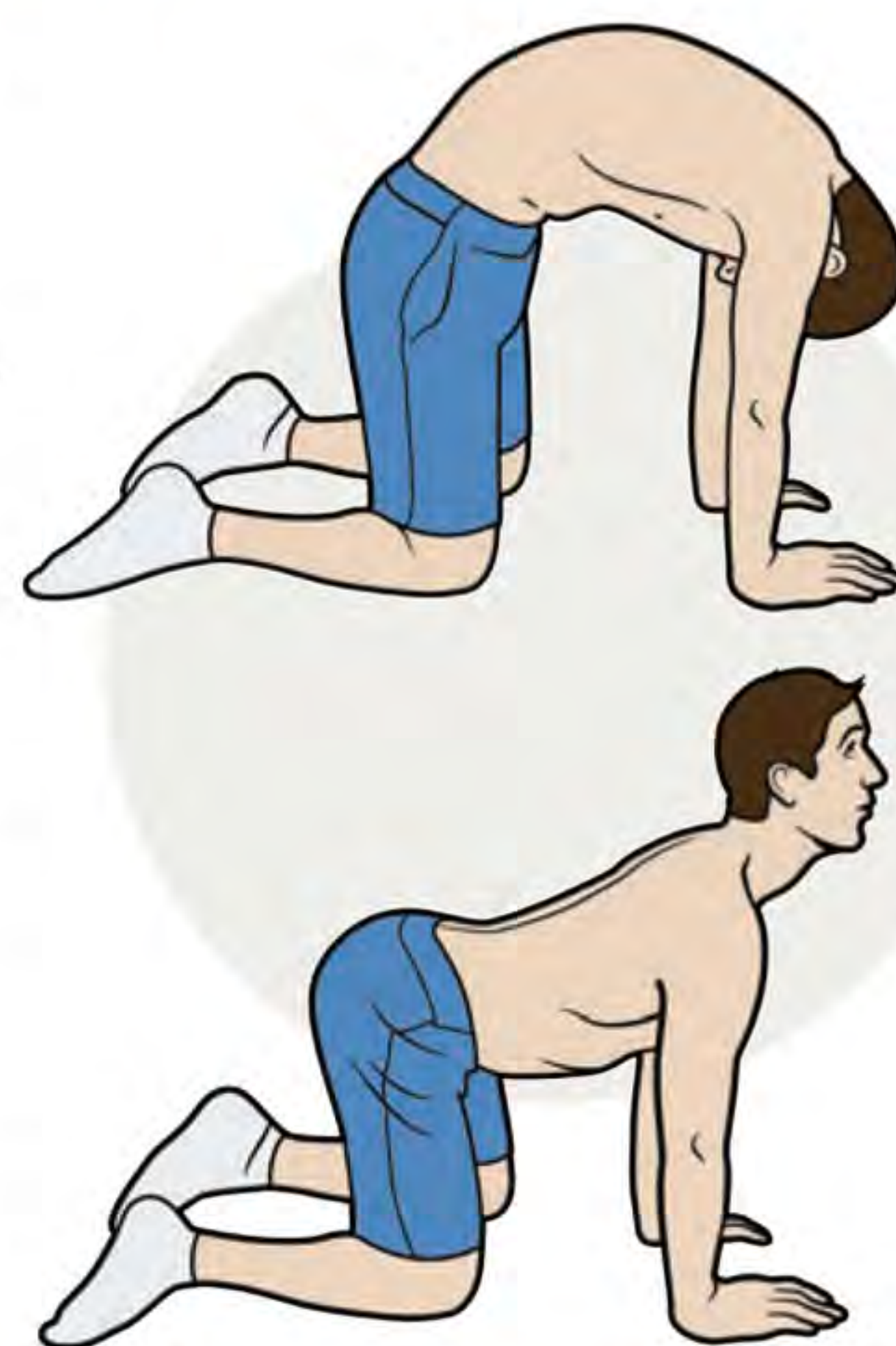
EXERCISE 1: ROCK AND ROLL

Push back so you are sitting up on your knees. You can also be seated in a chair if the floor is uncomfortable. On the inhale, move your belly as if you were putting it on your lap, and tilt your lower back away from the back of your chair. You should be creating a curve in the back of your spine. Inhale deeply. On the exhale, lean back as if you were sitting on a couch, pull your stomach in tightly, exhale hard. Make sure you are hollowing out your front on the exhale.



EXERCISE 2: CAT AND COW

Roll back over, get your hands and knees, exhale audibly and round your back up. Hollow out your belly and blow out towards your belly button. On the inhale, relax your belly and let it expand down with gravity. Notice the rotation in your hips in either position. On the inhale, you form an arch at the bottom of your back, with your tailbone tipped out. On the exhale you rotate your hips forward to create a hollowed-out middle [a C shape].



Some may enter a seminar with Dr. Belisa with some skepticism. I, for one, admit there was some in my own head about how much I could learn about breathing over the course of a couple hours. After a three-hour seminar with Dr. Belisa, I was astonished by the difference it had made. I was able to triple the length of time I was able to hold my breath by applying some simple techniques from the class. It also offers a breathing meditation that really made me a believer. I experienced a feeling, similar to a high, just by breathing. Dr. Belisa also provided each attendee with data [charts] about

their measurements and breathing habits. She provides feedback on how to improve these numbers to exceed the average and get people to the optimum level.

Whether you're a fighter, police officer, or even a schoolteacher, we could all use a nice deep breath of fresh air every now and then. Learning to breathe and exhale is a skill most will overlook in their training. For those who rely on that breath, it's best to make it count. Dr. Belisa provides these individuals and anyone willing to learn a chance to do just that.

♦ Henry Akins with Dr. Belisa



2K16

★ ★ ★ **BE VICTORIOUS!!!**

NEWBREED

ULTIMATE N CHALLENGE

NUC TOURNAMENT SERIES

**Gi &
No-Gi**

UPCOMING NATIONWIDE EVENTS:

JAN 16	NUC: NEW YEAR OPEN - JACKSONVILLE, FL
JAN 23	NUC: CRYSTAL CUP OPEN - CORAL SPRINGS, FL
JAN 30	NUC: NEW YEAR OPEN - CHARLOTTE, NC
FEB 6	NUC: ILLINOIS STATE OPEN - CHICAGO, IL
FEB 13	NUC: NEW YORK CHAMPIONSHIP - LONG ISLAND, NY
FEB 27	NUC: ATLANTA CHAMPIONSHIP - MCDONOUGH, GA
MAR 5	NUC: ORLANDO CHAMPIONSHIP - ORLANDO, FL
MAR 12	NUC: DALLAS CHAMPIONSHIP - DALLAS, TX
MAR 26	NUC: RICHMOND OPEN - RICHMOND, VA
APR 2	NUC: MARYLAND STATE OPEN - MILLERVILLE, MD
APR 16	NUC: EAST COAST CHAMPIONSHIP - PORT ST. LUCIE, FL

**THE
ULTIMATE
GRAPPLER**

★ ★ ★ **\$2,500.00 CASH PRIZE** ★ ★ ★

(Qualifiers win \$200.00. The grand prize of \$2,500.00 will be awarded in Orlando, FL Nov. 2016)

TO REGISTER AND FOR MORE EVENT INFORMATION GO TO:
WWW.NUCGRAPPLING.COM
OR CALL 772.237.4588

SUBPRO3
MISSION

jiu-jitsu
MAGAZINE

EZ Flex
SPORTSMATS

NEWBREED

GOTHAM'S FINEST

NEW YORK GRAPPLERS TO WATCH OUT FOR



WORDS: **WILL SAFFORD**



IN A CITY THAT HAS IT ALL, YOU SHOULD EXPECT NOTHING LESS WHEN IT COMES TO ELITE LEVEL JIU-JITSU. HOME TO LEGENDARY NAMES LIKE RENZO GRACIE, MARCELO GARCIA, AND THE MIYAO BROTHERS, NYC STAKES CLAIM TO SOME OF THE BEST COMPETITION SCHOOLS IN THE WORLD. Between Alliance affiliates Marcelo Garcia and Fabio Clemente, the Renzo Gracie Academy, and the Unity Jiu Jitsu School, the East Coast is now giving Southern California a run for its money when it comes to top competition. We've compiled some of the best up-and-coming names from New York City, so take note, as you will surely bear witness to these competitors dominating the mats in the years ahead.

⚡ MATHEUS DINIZ

Matheus Diniz has already been lighting up the elite competition field and crushing major events with less than a year at the black belt level. Known for his fierce passing game, this Marcelo Garcia middle-heavyweight wasted no time making a name for himself in the elite ranks. Diniz has already been crowned Absolute Champion at the No Gi Pan American Championships and took silver in the open at the No Gi World Championships. Earlier in 2015, he earned double gold in his weight class and the Absolute in the New York Summer Open. As a brown belt, Diniz captured double gold in the gi at the Pan American, and took first in his weight class without the gi in the 2014 Worlds. Diniz is a contender to say the least.

Diniz's journey to black belt began in Brazil in 2008 when he started training under Rodrigo Ranieri. After receiving his blue belt, the young Diniz made the move to pursue training full-time and began working under the highly respected Paulo Rezende. During his time under Rezende, he was awarded the purple and brown belt, and developed a connection with another of Rezende's former students, Marcelo Garcia. Garcia,

seeing great potential in Diniz, invited him to train full-time under him to evolve his game in New York City, eventually awarding him the black belt in early 2015.



Much of the world was first introduced to this young talent at Metamoris 5, when Diniz accepted to step in against the seasoned and dangerous Vinny Magalhaes. In the 20-minute submission only contest, Diniz put up a hard fight and battled to a draw, an impressive display while still only a brown belt. With performances like this, and a track record that speaks for itself, you can be sure to hear this name again in 2016. This young juggernaut will likely continue to shake up the major events while dethroning established veterans, and at the young age of 22, his best years are still to come.



EDDIE CUMMINGS

Eddie Cummings is a name quickly becoming popular in the no-gi and non-IBJJF competition circuits. After earning his black belt from the hands of BJJ guru, John Danaher, Cummings made the decision to train full time and compete at the professional level. With a keen understanding of Danaher's intricate leg attack system, Cummings rapidly cemented his name as one of the best leg-lockers in submission grappling. This lightweight, former physics major, who often competes in classes above and below his natural weight, has earned victories in premiere events like the Eddie Bravo Invitational, a tournament style sub-only event, and Polaris Pro, which features 15-minute, sub-only superfigths.

Cummings prefers no-gi competitions that allow leg attacks, especially his specialty submission, the heel hook. In

multiple interviews, he has explained that the heel hook is the most powerful submission in jiu-jitsu, and due to the anatomy of the foot, is evenly effective on smaller and bigger opponents alike. Being a smaller opponent himself, he enjoys this advantage, as other joint attacks can be less effective on larger, stronger opponents.

Cummings' devastating heel hook earned him a trip to the prestigious ADCC Championship in Brazil this past summer, and he continues to evolve and sharpen his strategy and technique. Cummings has a meticulous work ethic and believes in continual progress through consistent time on the mats. With the rise of submission only events and more tournaments allowing leg attacks, Eddie Cummings is certain to build on his already impressive competition resume.



ZATA TOSCANO



This next competitor has been around jiu-jitsu since his days as a toddler. Son to East Coast BJJ pioneer, Fabio Clemente, Zata Toscano has proven time and time again, he is more than living in the shadows of his father. Never being forced to train by his dad, Toscano believes this freedom is what allowed him to develop his own passion and love for the gentle art. When the time did come to take training seriously, he found himself in the hands of some very experienced black belts including, Babs Olusanmokun, Lucas Lepri, and Francisco "Sinistro" Iturralde. Currently, Toscano still trains under Clemente and Olusanmokun, teaches the kids program at his school, and is working to grow "Jiu Jitsu for the People," a non-profit association his dad began in 2015.

At only 20 years young, this lightweight brown belt has already accomplished what many will only dream to achieve. In the juvenile ranks, Toscano collected a combined eleven podium finishes at the Pan American and World Championships, six of which were first place. In the adult division, he has already made it to the podium at both events, Pan American and Worlds, and has taken multiple first place finishes at numerous IBJJF regional events. He has also been crowned the Lightweight Absolute Brown Belt Champion two years in a row at the NY BJJ Pro. This is surely just the beginning of a highly decorated career for this young talent, as he looks to "tear up" the Lightweight Brown Belt Division in 2016.





ADAM BENAYOUN

Adam Benayoun is a skilled competitor fighting out of NYC in the Brown Belt Featherweight Division. This young grappler has been training and competing under the Alliance flag since his start, gaining experience at blue and purple from the likes of Fabio Clemente and Lucas Lepri. After a short stint in Hawaii, Benayoun returned to the Big Apple to train with Marcelo Garcia, who quickly awarded him the brown belt in early 2015.

Benayoun prefers to enforce his game from the guard position, favoring the Spider and De La Riva styles. When playing Spider, he elects to attack and submit from the bottom, as opposed to sweeping for points. However, when in De La Riva, he aims to take his opponent's back or come up in an advantageous position via the Berimbolo and leg drag. These strategies have proven effective, as Benayoun has collected gold hardware in the No Gi Pan American Championships, multiple regional IBJJF tournaments, twice at the New York BJJ Pro, and four times at the ever-competitive Abu Dhabi Trial Championships.

With dreams of traveling the world to compete and teach seminars, Benayoun is currently focused on training and competing at the highest level as much as possible. Eventually, he'd like to open his own school, but until then, we'll be sure to catch this accomplished guard player sweeping and submitting his way to the podium.

DEVHONTE JOHNSON

This powerful and competition-hungry heavyweight has been dominating the East Coast scene since his days in the blue belt, with frequent wins at weight and in the open class. Starting his jiu-jitsu journey just four years ago under Edson Carvalho, Johnson has since moved to the ultra-competitive Unity Jiu Jitsu, under the watchful eye of Murilo Santana. There, he trains as much as possible and has developed a newfound appreciation for training without the gi. Just recently, he took first place in his weight class at the No Gi World Championships, a tournament he also won the year prior at blue belt. Johnson also has notable wins in many IBJJF tournaments, including the New York, Boston, and Chicago Opens, and Gi and No Gi Pan American Championships. One of Johnson's proudest moments came in a no-gi prize tournament when he beat a much more experienced and accomplished black belt as only a blue himself.

Johnson's focus is to compete as much as possible, in and out of the gi, in as many types of tournaments as possible, including those with traditional point systems, submission only, and those allowing various leg attacks. He wants to be as well rounded as possible, and has goals to compete in the highest level grappling tournaments, including the Eddie Bravo Invitational and ADCC Championships.

Another passion of Johnson's is personal training and fitness, as he has just recently opened a training facility in New Jersey. The fitness business provides balance to his competition-focused lifestyle, and prevents him from burning out from constant jiu-jitsu training. With just under a year spent in the purple belt, we will likely see this powerhouse atop the purple belt ranks for some time, so keep an eye out next year at the 2016 Pan American and World Championships.



⚡ MATHEUS FRANCISCO LUTES

If you look up the results from any recent IBJJF North East event, you will find Matheus Lutes in the top spot amongst blue belts almost every time. This Brazilian born middleweight has taken home gold from many major tournaments, including the American Nationals, No Gi Pan American, World Championships, and the New York and Santa Cruz BJJ Pro. Lutes excels both in and out of the gi, and medals regularly in his weight class and the absolute.

Lutes has humble roots from the favelas of Brazil and began jiu-jitsu in the back room of a church at the age of 15. With little opportunity in front of him, Lutes used jiu-jitsu to get out of Brazil and built a career for himself traveling and competing. After

making connections in Portugal while fighting the European Championships, he ended up staying and training there for the next year. There, he met the Miyao brothers, who would eventually open a school, Unity Jiu Jitsu in NYC, and soon after, Lutes followed to develop his competition experience.

You can typically find Lutes playing half guard from the bottom, where he prefers to transition then to the X-Guard, coming up with the leg and either taking the back or forcing the sweep. When passing, he'll usually force to the half guard then pursue the knee cut to side control. Expect big things in 2016 and beyond from this determined 20 year-old, as he works his way up through the ranks.



⚡ RYAN QUINN

This next brown belt takes his role as a teacher just as seriously as that of competitor. Earning all of his belts, white through brown, from the hands of Professor Bill Scott in New Jersey, Ryan Quinn, has a diverse training background. Quinn has spent time in China at China Top Team, trains Judo under Turkish National Champion, Nuri Kadioglu, and currently trains and studies at the Renzo Gracie Academy in New York City. He also teaches jiu-jitsu at the International Training Center in Queens, New York.

As a competitor, Quinn, has amassed some notable wins earning double gold at the Abu Dhabi Trials, gold at the 2015 New York Open, and medaling at the 2015 Boston Open and New York Pro. He has also been crowned champion multiple times at Grappler's Quest and NAGA World Championships. He credits his

success to his well-rounded game, neither favoring top nor bottom position, and is a threat on his feet as well as in and out of the gi. Quinn believes "holes in your skillset must be confronted and repaired - not avoided for the sake of winning contests."

Going into 2016, Quinn has his sights set on no-gi submission only events. He believes "submission focused style of competition represents a more pure embodiment of jiu-jitsu" and with the rise of sub-only events and exclusive tournaments with large cash prizes, Quinn will dedicate this year to training without the gi. We should expect to see this name in the late round brackets as he is in good company training amongst fellow no-gi destroyers Eddie Cummings and Garry Tonon.



A NUMBER ONE

As the song goes, if you can make it in New York, you can make it anywhere. That appears to be true with the success that these athletes have begun to reap outside of the Empire State. Keep an eye on them and many more coming out of Gotham.

DANGEROUS WATERS

The Dangers of Weight Cutting

WORDS: **MATT CORLEY**



ON DECEMBER 11TH, 2015, THE MMA WORLD WAS SHAKEN BY THE UNTIMELY DEATH OF YANG JAIN BING. YANG WAS A FLYWEIGHT FIGHTER PREPARING FOR A BOUT AT ONE CHAMPIONSHIP 35. Cardiopulmonary failure was initially listed as the cause of death and later clarified as rhabdomyolysis, which is explained in greater detail later in this article. Yang was 21 years old and ONE 35 would have been his eighth professional fight. For those that have been following MMA for a few years, you may remember another flyweight,

Leandro “Feijao” Souza, who passed away in September 2013 while he was cutting weight for an event in Rio de Janeiro. In the case of Feijao, his cause of death was listed as a stroke. The deaths, particularly Yang Jain Bing’s, rocked the community. Several organizations have begun the process of reevaluating their weigh-in procedures in response. ONE championship has already announced a new weigh-in program that aims to have fighters compete at their “walking around” weight and to eliminate the use of dehydration to make weight.





WHY DO FIGHTERS CUT?

Before getting too far into this article, I want to make sure that everyone understands that there's a difference between dieting and cutting weight. A diet is changing your eating habits to achieve a specific goal weight. While uncommon, dieting can be used to gain weight. Dieting takes place over an extended period of time, and leads to changes in your weight by affecting your muscle mass and/or fat stores.

The changes are persistent for the athlete. Cutting weight is the practice of rapid weight loss prior to a weigh-in. Changes in weight are transient, and it's not uncommon for an athlete to replace 100% of the weight loss by the following day.

It doesn't take a rocket scientist to understand why competitors cut weight. They want to be bigger and stronger than their

opponent. It's that simple. At the highest levels of competition, the difference between skill levels is razor thin and physical attributes are often the deciding factors between winning and losing. When welterweights are regularly entering the ring weighing over 190lbs, it's hard to say they're not getting an advantage over someone that completes closer to their natural body weight.

THE MATH

The advantage is clear but at what cost? The body of a lean, healthy, adult male fighter is approximately 60% water. Women are slightly lower, roughly 55%. If you want to break it down further, the water content of fat is ~25%, bone ~22% and muscle ~75%. Looking at our previous example of a welterweight that walks around well over 200lbs: Two days out from his weigh-in, he's 195lb. Over the next 48 hours, he sweats away 25lbs and makes weight for a fight the following day. Those 25lbs represents 13% of his total body weight and 20% of the total water in his body. The change in total body weight before and after the cut represents the athlete's volume loss due to dehydration.



DISCLAIMER: I am not a physician and I am not providing you with medical advice or recommendations. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician as needed. The information contained in this article is presented in summary form only and intended to be used for entertainment only. The information should not be considered complete and should not be used in place of a visit, call, consultation, or advice of your physician or other healthcare provider. I do not recommend the self-management of health problems.

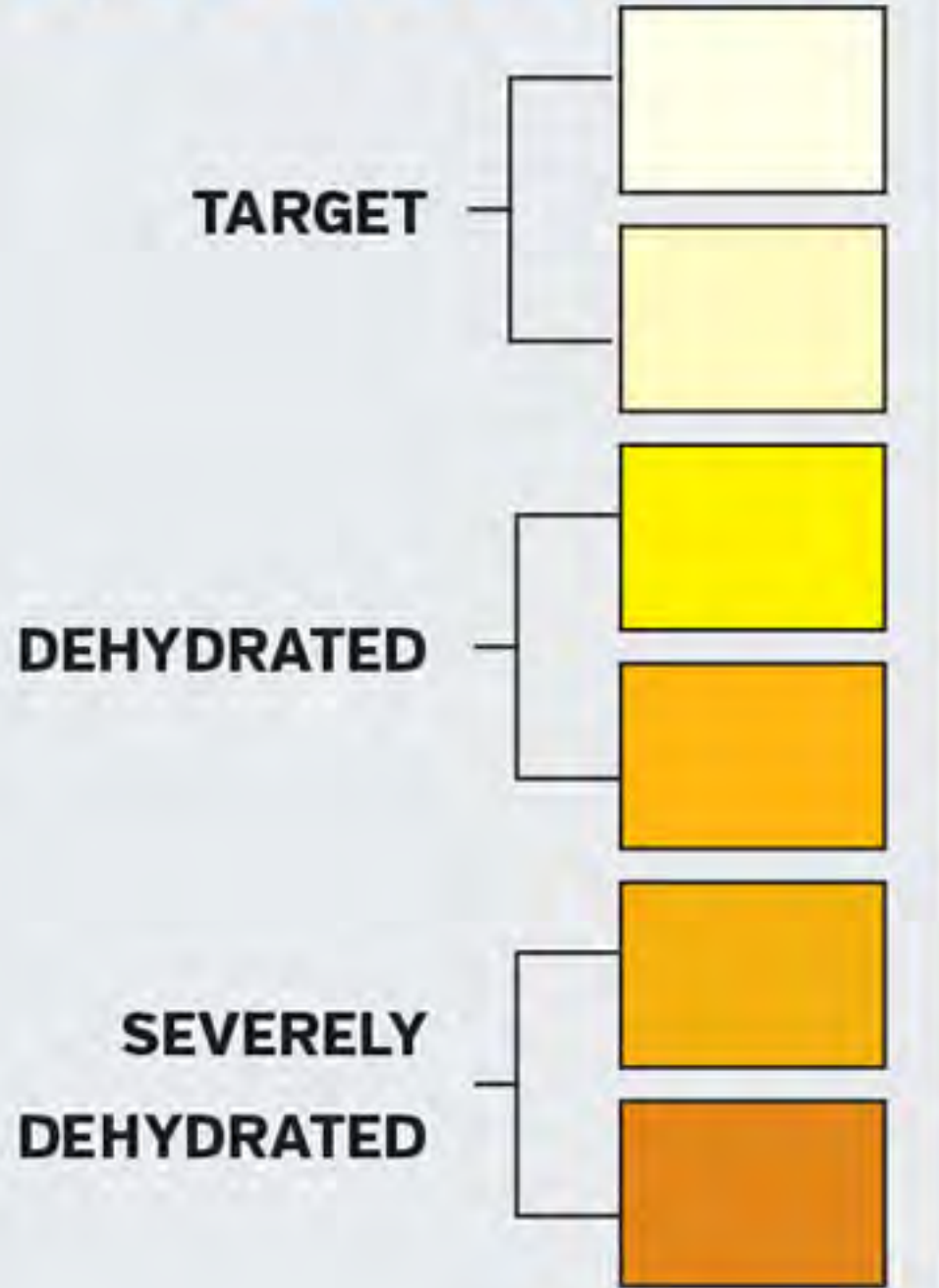
Stages of Dehydration

MILD DEHYDRATION (3-5% OF VOLUME LOSS): The athlete has minimal (or possibly no) symptoms or clinical signs of dehydration. There may be a reduction in urinary output. After a tough training session, we're all probably at this stage. The athlete is not in danger.

MODERATE DEHYDRATION (6-9% OF VOLUME LOSS): There are numerous signs and symptoms of dehydration in the athlete. Increased heart rate, orthostatic drops in blood pressure (lightheadedness when standing up) and changes in skin elasticity. Blood flow to your extremities/organs is compromised and breathing depth increases. This is also when the athlete starts to experience increased irritability and listlessness.

SEVERE DEHYDRATION (>10% OF VOLUME LOSS): At this point the athlete is near shock. S/he has hypotension (low blood pressure), blood flow to the extremities/organs is further reduced and the extremities may feel cool (due to lack of circulation). Respiratory increases as does the depth of each breath. The athlete is at risk of tissue/organ injury due to the lack of blood flow. S/he is also at increased risk for other disorders.

URINE COLOR CHART



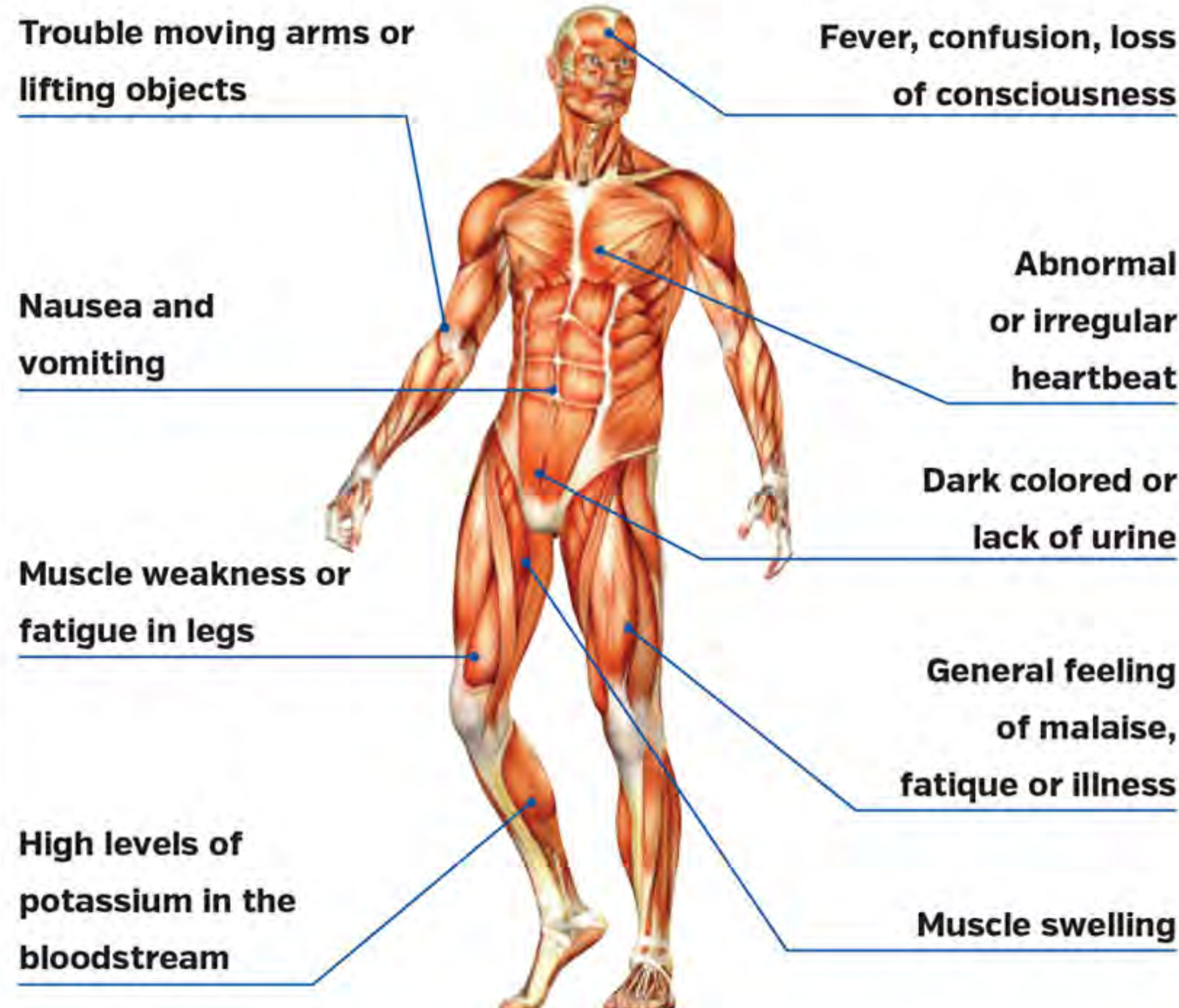
RHABDOMYOLYSIS

Rhabdo has been the elephant in the room of Crossfit for years. With the untimely passing of Yang Jian Bing the fighting world must stand at attention too. Rhabdo is a condition in which skeletal muscle is broken down completely, releasing the electrolytes and enzymes contained within. Uncommon in the general population, this ailment is seen more frequently in athletes that undergo extremely taxing physical training. Increased body temperature and dehydration can contribute to the incidence of rhabdo. Athletes cutting weight are likely to have at least two (and likely) all of these risk factors. Extreme soreness and brown urine are two of the hallmark symptoms.

While there are several complications related to rhabdo, the one that fighter's cutting weight are most at risk for

is kidney failure. The muscle breakdown mentioned previously is responsible for direct injury of the kidney, as well as clogging the filtering tubes of the kidneys. Dehydration has already reduced blood flow to the kidneys, making them particularly susceptible to

harm. As the kidney's ability to function properly decreases, waste products build up within the body. Kidney failure is a potentially lethal condition, and while it can be treated, there is a possibility for long-term, permanent side effects.



THE CAUTIONARY TALE OF DANIEL CORMIER

In 2008, Daniel Cormier withdrew from the Olympic Games due to a hospitalization after making weight for the event. Cormier's kidneys shut down after the cut, and due to the timing of the hospitalization, the US was unable to field a replacement to replace its most decorated wrestler. Cormier recounted his experience to USA Today and MMA Junkie:

"It was very scary. I was in the hospital. I was getting IV bags, not really eating food. I couldn't recover from the weight cut...I had been cutting weight for a really long time. I think I started when I was 13, but I was doing it the wrong way. I put [a plastic sweatsuit] on a week before I weighed in and I would just start sucking water out....Your body can only take so much. I was beating it down every time. It was very scary."



DEHYDRATION'S DEADLY BIG BROTHER: EXERTIONAL HEAT STROKE (EHS)

Heat stroke is the leading cause of death in young athletes (not just those cutting weight) and it's trending upwards. Heat stroke occurs when your body gets too hot and is unable to cool itself off. Most often, this is associated with people that are exercising in very hot and humid weather without drinking enough fluids. Does that sound familiar? Reminds me of

most tournaments in the summer, and the conditions that many of my friends and training partners put themselves in on a regular basis. Just because you've "made weight" doesn't mean you're out of the woods. Your body is still recovering and the conditions in which you compete aren't likely to be ideal for rehydration or recovery.

In a span of just six weeks in 1997, three college wrestlers died from EHS. Let that sink in for a moment. These were athletes that weren't strangers to cutting weight or training. This wasn't the first or tenth time they'd done this and they were still susceptible. It could happen to anyone. Even an Olympian.

WRAPPING UP

Cormier's story is shockingly common. While writing this story, I talked to a friend that went from 230lbs to 185lbs in eight weeks for a pro fight. I've cut over 25 pounds in less than a week myself. Of my friends that compete regularly, very few compete at their "walking around" weight. Intentionally dehydrating yourself to make weight happens regularly in our sport, and is something that you should be educated on so that you are able to make an informed decision for yourself. Is it necessary? Is the risk worth the reward? That's something that you'll need to answer for yourself.



GRAPPLING GAMES . . .

BRAZILIAN JIU-JITSU & SUBMISSION GRAPPLING TOURNAMENTS

JOIN OUR TOURNAMENT TOUR!

- Gi & No-Gi divisions for Men, Women, Masters, Teens, & Kids
- Beautiful custom medals
- Participation medals for kids
- Double-elimination (get two matches per division)
- Professional photography at every event by MMAWIN.com
- Our registration closes early so brackets may be viewed days beforehand
- **Full refunds** if we do not have another competitor in your division

TOURNAMENT CALENDAR

01/23/2016 - NASHVILLE, TN
03/05/2016 - CHICAGO, IL
03/12/2016 - KNOXVILLE, TN
05/07/2016 - HOUSTON, TX
*05/14/2016 - NASHVILLE, TN
*06/18/2016 - CHICAGO, IL
*06/25/2016 - KNOXVILLE, TN
*08/13/2016 - MEMPHIS, TN
*08/20/2016 - HOUSTON, TX

*Dates & locations are subject to change. Please check our website for updates

LIVING IN THE INJURY PRONE ZONE

WORDS: MARSHAL CARPER



I JUST CAME BACK FROM AN EXTREME HERNIA REPAIR. I'VE HAD TWO MENISCUS REPAIRS AND ONE MENISCUS REMOVAL—ALL ON THE RIGHT KNEE. I have turf toe. I have nuggets of cauliflower ear. I can't throw a football with my right arm because it feels like my elbow will fall apart. I have a weak lower back. My right shoulder clicks. My fingers are morphing into knots. I've broken my nose.



I AM 28. MY BODY IS BROKEN, BUT I LOVE JIU-JITSU.

When I was 21, I had aspirations of being a world champion, just like every other young blue belt on the planet. I saw how my heroes trained, and I set about emulating their intensity. I trained twice a day and mixed in strength & conditioning. I ran up stairs. I flipped tires. I trained until my white gis turned a sweaty brown, and then I trained more.

The harder I pushed, the less my body wanted to keep up. My knee would pop here and there, but I carried on, not knowing that a bucket-handle tear in my cartilage was on the horizon. As the

surgery-unbeknownst to me—crept closer, I racked up other minor injuries. I started to feel like something was amiss: I wasn't recovering as fast as my heroes. I wasn't winning as many matches as they were. I wasn't as fast, as strong, or as technical as they were when they were at my level.

Fast-forward through the injuries and surgeries I listed above and now conditioning outside of training is minimal, now I am thankful if I get to the end of a class, and have no aspirations of climbing to the top of a podium on the world stage.

HERE ARE THE LESSONS I WISH I HAD LEARNED PRIOR TO MY INJURIES:

Jiu-jitsu is a contact sport that wears your body down. Every black belt I've met, from hobbyists to world champions, has a list of injuries and aches much longer than mine. If you are new to the sport, listen to your body. Take the time to recover if you get hurt and respect the damage-potential of submissions. If you play your cards right, you'll get to your 60s with some gnarled fingers and little else to show for the ruggedness of your journey.

Train at your speed, not someone else's. We are reaching a stage where our world champion grapplers have been training full time since they were blue belts, and they are mixing their hard work with a generous gift of athletic genetics. If you aren't a super athlete, that's okay. Jiu-jitsu was designed with you in mind, but don't hold

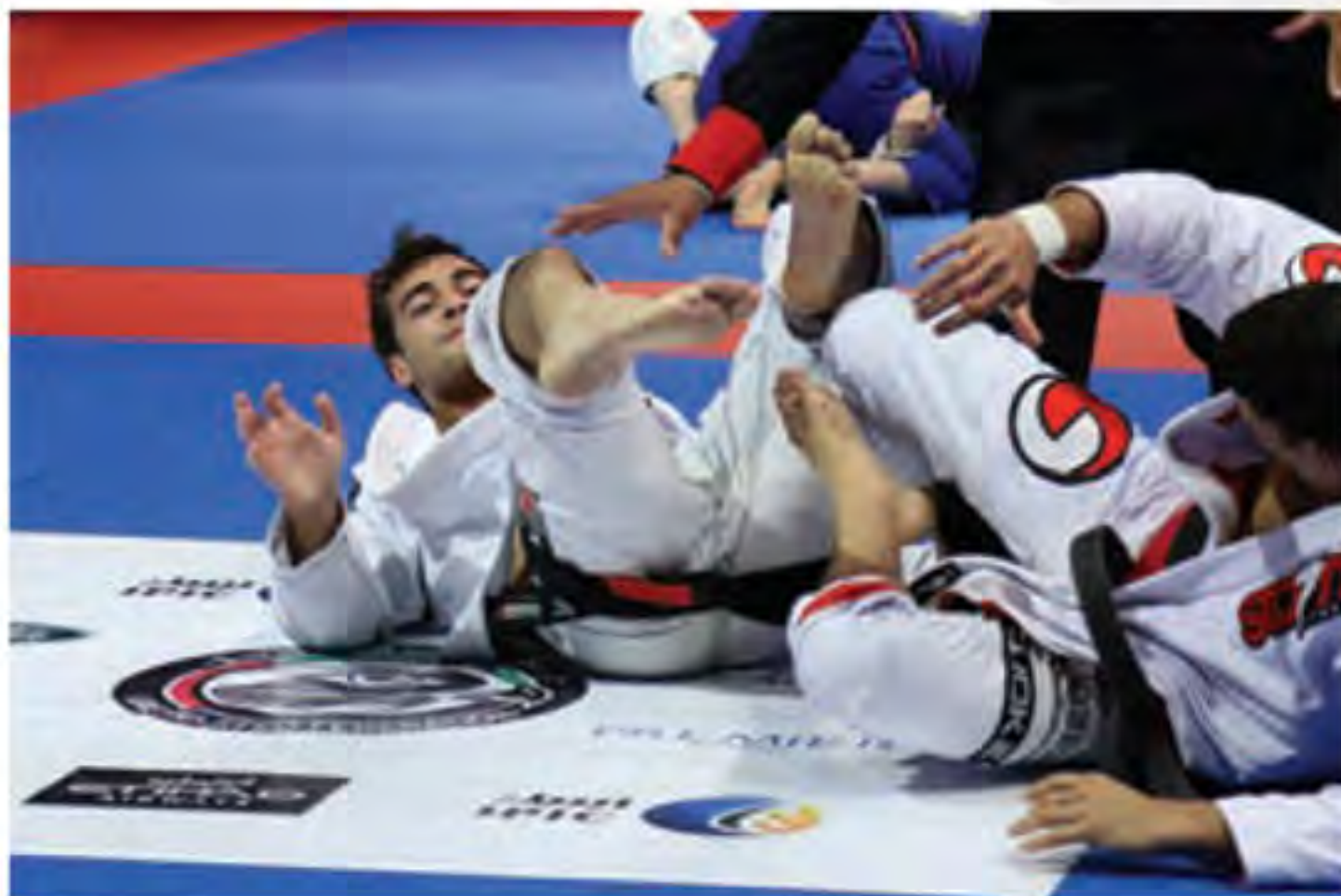
it against yourself if you can't go as hard and as long as some 24-year-old superstar.

Believe it or not, there is more to life than jiu-jitsu. Surgery means not only physical pain for me but an immense burden of stress and worry for my wife. Beyond the actual damage to my body, every injury I've had has been harder for her and our relationship than it was for me. Staying healthy and taking some time away from the mat is better for my overall quality of life. I might progress more slowly, but that's better than not training at all and alienating my family.

Competition does not have to be your endgame. The spotlight of competition is alluring to be sure, but it's not for everyone. There is nothing wrong with training a few times

a week for fun, and in many ways, contributing to the sport at its roots as a teacher or a casual mentor is far more meaningful than winning a gold medal. Your name might not be on the marquee, but you can still make a big difference in your own little ways.

Don't ever feel bad. Jiu-jitsu is an immensely personal journey. Don't let anyone make you feel like you have to compete or you have to train with a professional athlete's intensity. Jiu-jitsu should be fun. If you aren't having fun in training, you should probably assess the fit between you and your gym and look elsewhere. There are plenty of gyms out there that aren't obsessed with churning out hardcore competitors.



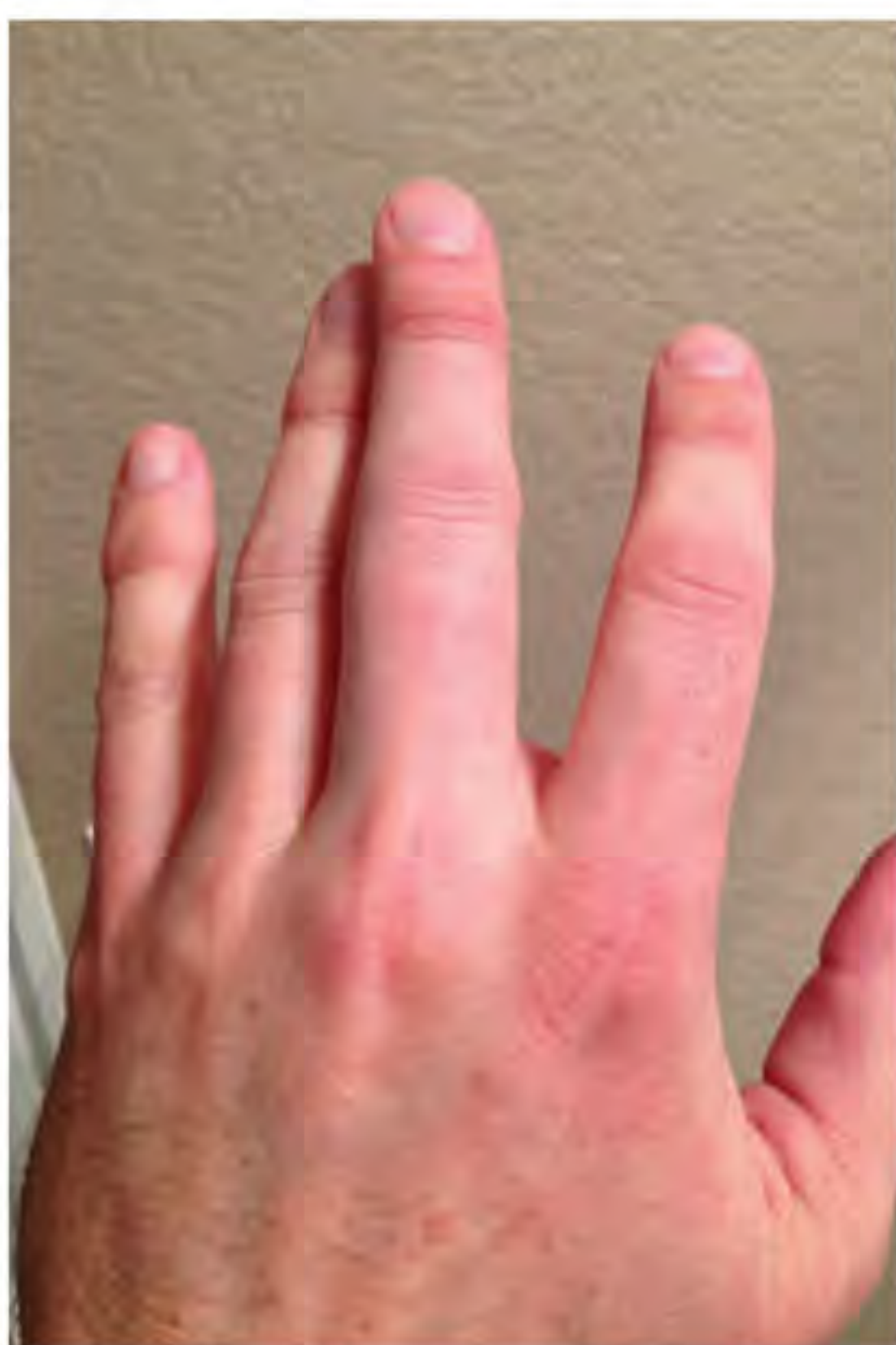
❖ Luiz Panza broke his Tibia at the World Pro in 2015



❖ Tammi Musumeci severely dislocated her arm at the 2014 World Championships against Michelle Nicolini



❖ At the 2015 World Championships Marcus Buchecha injured his knee requiring surgery.



❖ Aaron Ingold broke his middle finger passing guard. Finger was stuck in the pant leg. Three months off the mats.



❖ Chris Neely shattered his tibial plateau doing take down drills.



Your body is as unique as you are. Figuring out the best way to use and preserve that body is entirely up to you. Whatever you do, try to be honest with yourself about your own capacity and don't be afraid to find meaning and enjoyment out of other aspects of the sport.

MOUTH INJURIES MORE REASONS TO WEAR A MOUTHGUARD

WORDS: **DR. ROBERT KIM DDS AND MIKE VELEZ** | PHOTOS: **PATRICK FLORES**



WHEN WE THINK OF INJURIES RELATED TO JIU-JITSU, WE THINK OF SORE JOINTS, MAYBE A DISLOCATION, A HYPEREXTENSION, BRUISING, ETC. ONE THING WE DON'T OFTEN THINK ABOUT IS GETTING A TOOTH KNOCKED OUT. I've seen it happen first hand. At the very least, an unforeseen impact can cause a loose tooth or chipped tooth. If you've been reading the magazine for any length of time, you're probably aware that our editorial position on mouthguards is that they're a good thing. But let us say you're not wearing a mouthguard and you have an injury that involves a tooth, what should you do? We sat down with Dr. Robert Kim DDS; not only is he a great dentist, he's a jiu-jitsu practitioner training under Don Kim, a Saulo Ribeiro Black Belt.

MINIMIZING RISK

The easiest way to reduce the risk of tooth injury is to get a mouthguard. It doesn't matter if it's a boil-and-bite or custom fitted, anything is better than nothing at all. If you damage a tooth, it could end up costing thousands of dollars over the life of that tooth. A tooth injury is going to affect your function, and it could affect your aesthetics. You can easily lower these risks by wearing a mouthguard every single time you roll



⚡ TYPES OF DAMAGE THAT CAN OCCUR ⚡



SOFT TISSUE DAMAGE

How many times have you rolled and you get crossfaced? How many times have you rolled and you just bit your lip? This is soft tissue damage. It takes a long time to heal. It doesn't feel good. It could be a lot worse than just your normal lip bite. You could bite your tongue off. Worse case scenario, you could get a really bad cut on your lip, where you'll need stitches. Wearing a mouthguard helps prevent this.



CRACKED TOOTH

Another possible injury is an embossed tooth or a cracked tooth. How many times have we rolled and caught an elbow in our face? How many times have we rolled and hit our mouth on the floor, or even a knee? This happens a lot of times and the person doesn't feel much pain, so they don't pay it much attention. But that chipped tooth can turn into something worse down the road. A chipped tooth, if not properly treated can lead to infection, which can spread to the head and neck. In some rare cases, an untreated broken tooth can become life threatening. Typically a chipped tooth will continue to chip more easily than an intact tooth.



SKELETAL INJURY

Another type of trauma that can occur is a broken jaw. How many times have you watched the UFC? You'll see a fighter get hit so hard their mouthguard flies out. What does the ref do? They stop the fight. The fighters pick up the mouthguard and put it back in their mouth. That shows that it is pretty important. We don't want any jaw damage. Granted, it's much more common in striking situations, however knees and elbows can sometimes fly pretty fast in competition.



LOSING A TOOTH

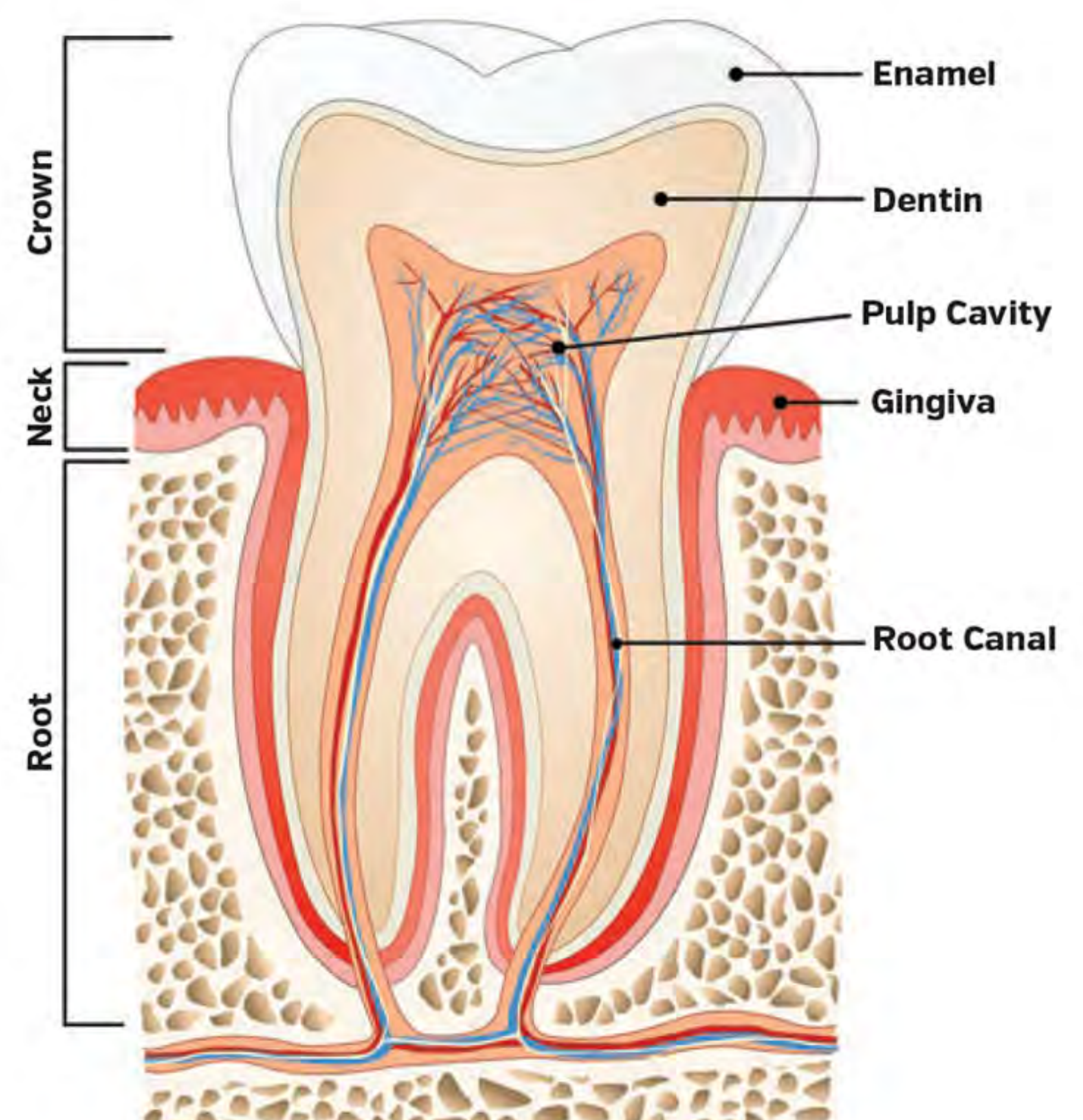
Can you imagine your dentist telling you "Hey, we need to put an implant in your mouth. You're not going to be able to roll for six to eight months." If a tooth is unsalvageable after it gets knocked out, the most likely form of treatment will be a tooth implant. This is big deal and will keep you off the mats for an extended period of time. Failing to properly treat the tooth will lead to bone loss that can eventually cause other major problems. Even Nick "The Tooth" Gullo had to get an implant recently.

TOOTH TRIAGE

Doctor Kim likes to tell his patients that teeth are structured like M&Ms. That outside part is hard like a shell, the middle part is softer like the chocolate. Then, there's an inside part, that's the pulp, or the peanut. If an injury is just an enamel fracture, that's the outside shell. That's going to be more of a cosmetic situation. Go to your dentist, get that fixed. You want to be looking your best. You probably won't feel any pain.

If the tooth is broken into the dentin, you will have a little bit of sensitivity, but there will be no bleeding. It is a little bit more of a severe fracture. In that situation, you may need a veneer or you may need a crown. Depending on which tooth it is, you may lose some function. Other teeth may have to compensate for the injury. Which usually means the other teeth will take the damage in the long run. If there is bleeding from the tooth, this means that the fracture has reached the pulp of the tooth within the inside of the root, which means it's broken into the nerve. In a situation like this, if it's saveable, you're going to need a root canal and then a crown and it's going to hurt like hell.

There is another type of fracture where the tooth is fractured underneath the bone. This can be caused by a hard hit to the gums. Many times in these situations, the tooth is not saveable. If the tooth gets hit, always go see the dentist. Don't wait. If they can save the tooth, you'll have a higher chance to save it sooner rather than later.



WHAT ABOUT A LOOSE TOOTH?

If after an impact your tooth feels loose, always go to your dentist. If it's loose, you're going to have one of two situations. The worse situation is the tooth is cracked. If the tooth is cracked, you are going to need to see a dentist to fix it. If you are lucky, the tooth may be avulsed meaning it's loose in the socket. That's going to be a better scenario. If it feels dislodged, try to put it back into place, don't eat with it, just go see your dentist as soon as possible.

Your dentist will take an x-ray and if it's just loose in the socket, they can do something called "splint the tooth." They can actually connect the tooth to another tooth. Our teeth actually have ligaments



around the root. If it's this type of trauma, it will heal on its own and you'll likely have a really good prognosis. On the other hand, if the tooth is fractured in any sort of way like we went over before, you're going to need some sort of dental treatment, whether you are going to lose the tooth, a root canal, crown, or just a filling- you're going to have to go see the dentist.

Mouthguard For the Win!

Along with protecting your chiclets, a mouthguard can aid in your ability to recover after intense resistance exercise. Recently a study was published in the Journal of Strength and Conditioning Research. The study tested the effects of mouthpiece use on cortisol levels during an intense bout of resistance exercise, sort of like a jiu-jitsu training session. Previous research had suggested that use of a mouthpiece during exercise resulted in increased muscle strength and endurance but the findings were difficult to replicate. This new study tested the amount of cortisol present in athletes saliva before, during, and after exercise. The results revealed that across the board the athletes that had worn a mouthpiece during their workouts had significantly less cortisol in their saliva 10 minutes after their workouts. Cortisol reduces protein synthesis by reducing the uptake of amino acids into muscle cells. It also decreases calcium absorption into the intestine and inhibits bone formation. Basically, it screws up your recovery from a difficult workout.



WHAT ABOUT A KNOCKOUT?

Let's say you don't have a mouthguard on, somebody goes for a flying something or other and they knock a tooth out. Boom! - the tooth is on the mat. What should you do? If it's after hours, you might try Urgent Care, but they're probably going to tell you to go see your dentist. As soon as you can, put the tooth in some milk, put it in the fridge and then see if the dentist can save it. That will at least give it a better prognosis, rather than just holding the tooth in your pocket and having them try and put it in. This better your odds that the dentist can even attempt to put it back in so they can splint the tooth to try and save it.



KEENAN ON MOUTHGUARDS

More and more high-level pros can be seen wearing mouth guards. Keenan Cornelius is one pro that's been wearing a mouth guard as long as we can remember. We asked him a couple quick questions on the topic.

How long have you been using a mouth guard?

I have been using one for a while, because I felt I could fight harder if I didn't have to worry about biting my tongue. I wasn't as worried about my teeth. But if you have ever taken



a knee to the jaw while your tongue is in the way.... Well you would wear one too

Do you think it's ever saved you some dental work?

The only time I've had a significant dental injury was while wearing a mouth piece. I ate a solid knee to the face from an enthusiastic blue belt. It broke off my front tooth about half way up. I have temporary replacements every couple years as the bonding weakens if I get hit again it will break. The most recent time the broken tooth broke off was after biting into a taquito at a baby shower last year.

PUTTING A CROWN ON IT

Okay, we get it, some of you don't like to wear mouthguards, and that's okay. At least now you're aware of what to do in the event of an injury to your mouth during training. When you get the bill, don't say we didn't warn you. Hopefully you never have to make a trip to the dentist because of jiu-jitsu.



MODERN FLOW-IV

FEBRUARY 20TH 2016

"NEW VENUE"

WAYNE COMMUNITY CENTER

4635 HOWE RD, WAYNE, MI 48184

CASH PRIZES FOR ADULT ABSOLUTE DIVISIONS

ADULT GI DIVISIONS SINGLE ELIMINATION

KIDS DIVISIONS DOUBLE ELIMINATION

SUPER EARLY REGISTRATION: \$60

(ENDS DECEMBER 31ST)

EARLY REGISTRATION: \$70 (ENDS

JANUARY 31ST)

LATE REGISTRATION: \$80 (ENDS

FEBRUARY 17TH)

REGISTER AT WWW.MFJIUJITSU.COM

IBONALOW MODERN FLOW

FACEBOOK.COM/MFTOURNAMENTS

10 MISTAKES IN STRENGTH & CONDITIONING FOR JIU-JITSU

WORDS: **WILL SAFFORD**



THANKS TO YEARS OF RESEARCH, MODERN TECHNOLOGY, AND THE INTERNET, THERE IS A TON OF USEFUL INFORMATION NOW AVAILABLE ON STRENGTH AND CONDITIONING (S&C). EVEN WITH ALL OF THAT VALUABLE INFO OUT THERE, MANY OF US STILL USE OUTDATED TRAINING METHODS, CONTINUE WITH BAD HABITS, AND DON'T GET THE MOST FROM OUR TIME IN THE GYM. The following mistakes in S&C for jiu-jitsu will not only limit your results in the weight room, but could set you up for injury, lead to overtraining, and threaten your grappling performance. Take an honest look at the following list and if you're guilty, commit to fixing a few of these mistakes over the course of your next few training sessions.

1. YOU DON'T HAVE A GOAL

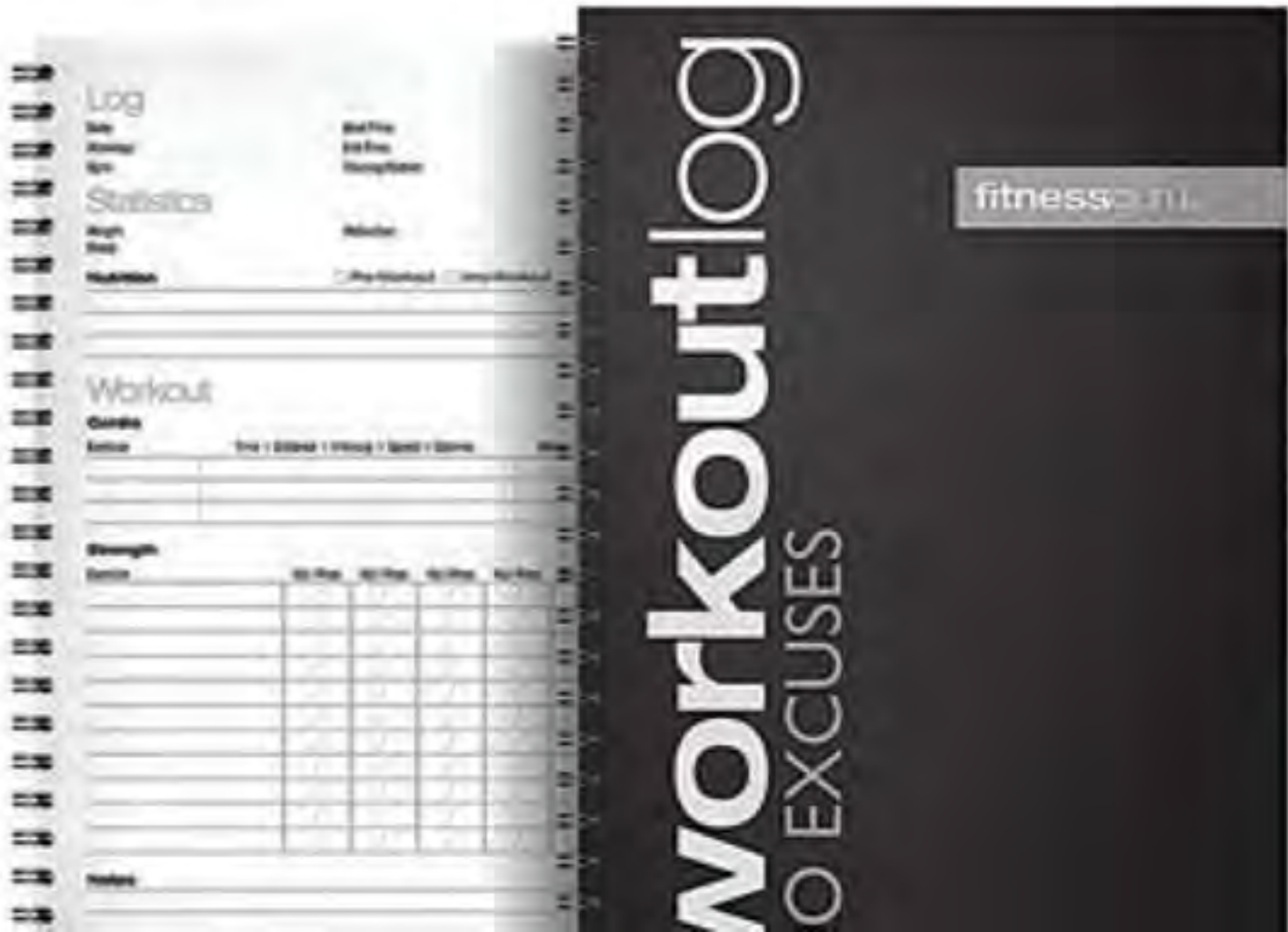
This is one of the most common mistakes in the weight room. Having a goal gives you something finite to work toward and provides the means for what exercises, sets, reps, and rest periods to use. If you were told to take a road trip somewhere, you would need to know your destination, otherwise you'd be driving around aimlessly, lost on a road to nowhere. A goal is the destination and determines the course of action for your journey toward it. Make your goal specific. "I want to get stronger" is vague and won't inspire action. "I want to add 20 pounds to my deadlift in six weeks" is specific, measurable, and the specified timeframe adds urgency. Find a goal, commit to it, and achieve it.



2. YOU DON'T USE A PROGRAM OR LOG YOUR WORKOUTS

This mistake goes hand-in-hand with not having a goal. The goal is where you want to be- the program is how you get there. There are plenty of well-tested strength, conditioning, flexibility, and goal specific programs available, so don't cut yourself short by not using one that's proven. We don't need to reinvent the wheel in the weight room, or overcomplicate things with complex training protocols. Short term, six to twelve week programs, are great to keep you on track and continually improving. Once you've selected a program, be sure to record your exercises, weights, and rest periods. This

will ensure that you're making progress and not just spinning your wheels using the same weights at every session. Plus it will keep you motivated to see your progress after finishing the program.



3. YOU DON'T WARM UP OR COOL DOWN

When you're young, you can get away with a few side bends and a quick hammy stretch before training without herniating a disc or tearing a rotator cuff. Although a proper warm-up is necessary for all ages, as you get older, a thorough prep of the muscles, joints, heart, and lungs, is an absolute must. A good warm-up will help prevent injury and ensure that you get the most from your workout. Make sure you thoroughly heat up the muscles and joints with dynamic stretches, mobility drills, and a few light sets. To limit post workout soreness and stiffness, and maintain good flexibility, statically stretch the muscles you worked for five to ten minutes after your workout.



4. YOU ONLY WORK YOUR STRENGTHS

It's easy to get caught up in only training what you're good at. It feeds the ego, gains approval from others, and keeps us motivated. However, most of the time, your strengths are exactly what you don't need work on. The areas you lack in are what need your attention. Working your weaknesses are often uncomfortable, boring, and not immediately satisfying. To become a better all around grappler, however, you need to spend time on these areas. Just like how you may favor the guard over passing because you're better at it, it's your passing that you should drill. Regarding fitness, maybe you've got cardio for days but can't bench-press a broomstick, or you can squat double bodyweight but can't touch your toes. Determine what your weaknesses are and attack them!



5. YOU'RE STILL DOING ISOLATION EXERCISES AND BODYBUILDING SPLITS

The once highly popular bodybuilding methods of the seventies, eighties, and nineties, have unfortunately overstayed their welcome, and continue to rear their ugly heads in gyms throughout the country. Thanks to the growth of things like CrossFit and kettlebell training, however, we've seen a push back into functional fitness that carries over to sport and daily life. Isolating muscle groups with single joint exercises has been shown to cause muscular imbalances and damage to the joints and tendons. Instead, elect to train muscle groups, like the upper body, core complex, and posterior chain through compound movements. The entire body is used in jiu-jitsu so exercises like the Deadlift, Turkish Get Up, and Kettlebell Swing will contribute to your sports performance, not just your beach muscles.



6. YOU DON'T SPEND ENOUGH TIME ON INJURY PREVENTION

People often tend to focus on injury prevention when it's too late. You were going along strong, making five classes a week, competing, weight training, thinking your Rickson in '95, then BAM, you're on the couch for eight to twelve weeks with a popped knee. Six weeks of recovery with another six of rehab. Typically during that time you'll say to yourself, "Man, how could I have prevented this? I want to train!" The best way to prevent injuries is to commit to prehab exercises that clean up mobility restrictions, correct muscular imbalances, stabilize wobbly joints, and loosen overactive muscles before they cause a problem. Foam rolling, joint mobility, yoga, and stretching are all examples of injury prevention methods that will help you stay on the mats for the long-term.



7. YOU DON'T USE PROPER FORM

Nowadays, fitness has become a competition. Everyone wants to set a personal record week after week and finish a fitness challenge they saw online faster than their buddy. When fitness becomes a competition, the first thing to go is form. Technique is sacrificed for speed or weight lifted. Don't fall into this trap. In fact, when was the last time you had a professional critique your form? Most of us learn to exercise from YouTube, a high school coach, or worse yet, one of our bros. Invest the time and money in learning proper technique. You'll reduce your risk of injury and get more out of your exercise.

8. YOU DON'T REST ENOUGH

Many of us get caught in the trap of wanting to train as much as possible, regardless of our recovery needs. Whatever the root is, desire for progress/jiu-jitsu addiction/fear of looking weak, overtraining is a serious problem that can lead to a mess of ugly health issues. The body needs a balance of stress and recovery to perform optimally, and when the needle is pushed too far in one direction, the result is almost always negative. Schedule rest days, listen to your body, and spend some time off the mat and out of the weight room. You'll come back stronger and perform better than before.



9. You Don't Refuel Properly After Training

Although research is disproving much of the hype sold by supplement companies regarding nutrient requirements and timing, there are some solid strategies for refueling after training. Whether it's post jiu-jitsu or weight training, either a BCAA or carb with protein drink has been shown to speed muscle recovery. With the extreme demands put on the body from multiple training sessions, it's a smart idea to provide your body with the best fuel for recovery. Aim for half of your bodyweight in ounces of water per day, and give your body nutrient-dense foods between sessions. Up your intake of colorful fruits and vegetables, eat quality sources of lean protein, and limit sugar, processed food, and alcohol.



10. YOU TRY TO DO WHAT "4-TIME BLACK BELT WORLD CHAMPION [INSERT NAME] DID."

The Internet can be a great resource for information and motivation, but don't allow what you saw on social media to get the best of your ego. When you see Cobrinha balancing on a Swiss ball while overhead squatting a kettlebell, don't ask yourself if you might be able to do that. Or you see Andre Galvao bench-pressing eight plates on chest day, don't test how much you can do the next day. The pros are pros for a reason; they're elite athletes with years of experience under even more experienced coaches. A lot of times what you see on social media are just circus tricks meant to entertain and impress. But even if you do get ahold of Andre's leg training plan, don't attempt it unless you are an expert lifter with years

of experience. Basic exercises like squats, pushes, and pulls with simple rep and set schemes are enough to yield progress. Use your head and don't try something you're not ready for.



Always remember: to get better at jiu-jitsu, you must train jiu-jitsu. Strength and conditioning can help you get stronger, faster, and tougher to handle on the mats, but to make the most of your time in the gym, clean up your regimen by eliminating these mistakes. Some of them may be easier to correct than others, but if your goal is to progress, then commit to these changes and watch your development take off!

Pedro Sauer

the Path to Black Belt

6 DVDs (2 per set) with over 200 perfect techniques demonstrated by 8th Degree Black Belt, Professor Pedro Sauer.

WHITE TO BLUE (on DVD): **\$105** +S&H

BLUE TO PURPLE (on DVD): **\$140** +S&H

MOUNT (on DVD): **\$85** +S&H

All 3 Sets special offer: \$275 +S&H

purchase online at **PedroSauer.com**

MASTERING THE GUARD PASS AND ITS SUBMISSIONS

BY KID PELIGRO

PRINT VERSION at **PedroSauerStore.com**

and eBook at **AMAZON.COM** SEARCH PEDRO SAUER

Interested in becoming an Affiliate Academy?

call 865-696-8000 or visit us online at **PedroSauer.com**



AL Mobile	Pat Langan	251-470-1761	OR Portland	Tom Tegner	503-964-1405
AL Trussville	Chris Mize	205-540-1287	OR Tigard	Joe Heller	503-360-8692
AZ Sierra Vista	Antonio Torres	520-236-2436	PA Altoona	Allen Coble	814-312-3845
CA Long Beach	Harold Lucambio	310-795-1191	PA Pittsburgh	Sonny Achille	412-531-2122
CT Manchester	Rob Magao	860-377-7897	PA Pittsburgh	David Wright	412-921-1530
DE Camden	Michael Withrow	302-450-2600	PA Verona	Joseph Cosentino	724-472-7373
DE Smyrna	Howard Steele	302-632-3359	SC Hilton Head	Ben Rhodes	843-815-5500
FL Inverness	Chris Holmes	352-322-1444	SC Spartanburg	Nathan & Adrian Hayes	864-381-7837
FL Pensacola	Tony Baker	850-554-0804	TN Cleveland	Michael Chastain	423-284-3707
FL Sarasota	LaVonne Martin	941-342-9944	TN Jamestown	Jared Wells	931-397-7382
FL Weston	Ismael Saturno	954-385-3856	TN Johnson City	Keith Olson	423-926-9161
GA Locust Grove	Matt Minter	678-561-4099	TN Kingsport	Joe Booher	423-392-0584
GA Johns Creek	Francis Fong	770-623-4997	TN Knoxville	John Hosford	865-951-1392
GA Milton	Jamie Williams	678-824-5760	TN Knoxville	Earl Dunn	865-680-9493
GA Sharpsburg	Jorge Jimenez	404-917-4400	TN McMinnville	Robin Clark	931-261-4183
GA Savannah	James Finizio	240-855-4403	TX Boerne	Constantine Theoharis	203-535-5852
GA Woodstock	Alan Baker	770-926-3030	UT Brigham City	Jason Howard	435-770-5049
GA Villa Rica	Daniel Lawing	770-459-9555	UT Ogden	Mark Johnson	801-920-6500
HI Honolulu	Rylan Lizares	808-834-2550	UT Park City	Mike Diaz	801-637-6122
HI Maui	Luis Heredia	808-575-9930	UT Pleasant Grove	Mark Balcer	801-785-0354
ID Boise/Meridian	Keith Owen	208-846-9119	UT Sandy	John Carlquist	801-561-2535
ID Pocatello	John Ralph	208-220-1809	UT Salt Lake City	Eddie Edmunds	801-414-9852
ID Twin Falls	Curtis Yergensen	208-404-4166	UT Salt Lake City	William Bernales	801-463-1727
IL Crystal Lake	Jeff Curran	815-356-0454	UT Lindon	Ray Griffin	801-513-9775
IL Elgin	Jeffrey Kim	847-841-8705	VA Farmville	Jeremiah Bunker	434-607-6530
IN Clarksville	Brad Haynes	812-218-8000	VA Lexington	Seweryn Morgiewicz	540-464-7557
KY Henderson	Darron Morse	270-871-5866	VA Lynchburg	Jamie Ridgeway	434-846-5425
KY Louisville	Allan Manganello	502-426-0333	VA Portsmouth	Willie Hunter	757-488-3882
KY Louisville	Scott Smith	502-384-7084	VA Richmond	Joe Gray	804-550-5115
KY Madisonville	Eric Myers	270-836-0179	VA Roanoke	Dennis Hayes	540-345-8609
LA Morgan City	Steve Miller	985-384-5425	VA Herndon	Pedro Sauer	703-444-4468
LA Monroe	Bryan Mossey	571-236-9906	VA Virginia Beach	Nestor Bayot	757-963-1717
MD Annapolis	Jon Garfield	443-962-3826	VA Virginia Beach	Frank Cucci	757-495-7070
MD Rockville	Max Tzents	301-881-7314	WA Bothell	Bryan Alvarez	425-486-4105
MD Damascus	Kyle Sefcik	240-207-3212	WA Camas	Mel Locke	360-210-4588
MD Monrovia	Cesar Paredes	301-529-6289	WA Everett	David Fiedler	425-870-2157
MN Brooklyn Center	Greg Nelson	763-560-5696	WA Longview	Robert Slape	360-442-9943
MN Duluth	Cris Johnson	218-269-2588	WI Milwaukee	Jake Klipp	414-737-5315
MN Saint Louis Park	Ishmael Bentley	952-920-8984	WI Milwaukee	Jonathan Friedland	414-248-3595
MN Minneapolis	Vaughn Lodge	612-913-2619	Australia, Burwood	Robbie Singh	0430 154 012
MS Hattiesburg	Allen Hopkins	601-818-2383	Australia, Cleveland	Carlos Bozano Collor	61416961125
MT Helena	Don Raulston / Adam Bell	406-465-7858	Australia, Melbourne	Murat Karadenizli	0401 582 738
NC Charlotte	Mike Streicher	704-846-0707	Australia, Templestowe	David Krstic	0419 365 970
NC Greensboro	Gary Mattevi	336-286-7073	Brazil, Petropolis, RJ	Breno Angelo	24 2237 4874
NC Harrisburg	Mark Cukro	704-363-6236	Brazil, Sao Paulo	Thiago Bertoni	11 7866 1779
NH Lebanon	Nicholas Bramlage	919-608-9279	Canada, Foxtrap, NL	Jason Foley	709-834-0895
NV Las Vegas	Mica Cipili	702-214-6414	Canada, St. John's, NL	Alex Foley	709-237-5425
OH Cincinnati	James Kelly	513-860-2310	Canada, St. John's, NL	Michael Foley	709-738-8109
OH Delaware	Charles Riedmiller	740-362-2222	Chelmsford, Essex UK	Robin French / Peter Squire	-
OH North Ridgeville	Ed Powers	440-327-3688	Colombia, Floridablanca	Sergio Daza Suarez	311-476-6020
OH Youngstown	Tony Rinaldi	330-782-3869	Iceland, Reykjavik	Johann Eyvindsson	-
OH Niles	Jim Bundy	330-652-0121	South Korea, Seoul	Jeong Ho Lee	821043874200
OR Beaverton	Jon Nishiguchi	541-231-3495	Norway, Moss	Jørn Bakken	95162501
OR Gresham	Anibal Lobo	503-956-5925	Norway, Østfold, Halden	Jon Fannar	004797681704
OR Corvallis	Mike Downing	541-929-5503	Riga, Latvia	Jevgenijs Minajevs	37127616064

**THE BEST BANG
FOR YOUR BUCK!**
SUBSCRIBE TODAY AND SAVE!

Find Us Online and Subscribe:
WWW.JIUJITSUMAG.COM

 /jiujitsumag

 @jiujitsumag

 @jitsumag



24 ISSUES

2 Years for Just \$74.99

Save 48% off the newsstand price and get a **FREE** T-Shirt*

GET 6 ISSUES

(6 months) for **\$24.99**

(Save \$23 Off The Newsstand!) 47% Off

-OR-

GET 12 ISSUES

(1 year) for Only **\$39.99**

(Save \$46 Off The Newsstand!) 58% Off

Canadian residents add \$20 for postage per year. Foreign residents add \$60 per year for postage. Allow 2-3 weeks for delivery of first issue.



GI 411

"WHAT WAS THE NAME OF THAT GI THAT GUY WAS WEARING?" It's a common question, often times the name escapes even the most seasoned gi sophisticate. For that reason we went through the task of collecting the name and web address of every gi maker we could find. If there's someone missing, or if you're a gi company that would like your logo included let us know. Email gis@jiujitsumag.com

#

93 BRAND

rollmore.com/brand_93%20Brand

31 FIFTY

31fift.com

A



ADIDAS

acsgear.com

AGGROBRAND

store.aggrobrand.com

A&P (ALBINO & PRETO)

Shoyoroll.com

AESTHETIC

fightaesthetic.com

AK

akbjj.com

ARMADURA

armadura.us

ARMOR KIMONOS

akbjj.com

ARTE SUAVE

shop.artesuaveclothing.com/products

ATAMA

atamausa.com

B

BAD BOY

badboy.com

BADGER

badgerkimonos.com

BATTLE GEAR

battlegearbjj.com

BC KIMONOS

bckimonos.ca

BJJ GLOBETROTTERS

bjjglobetrotters.com



BJJ RELIGION

bjjreligion.com



BJJ SPORTS

bjjsports.com

BLACK EAGLE

black-eagle.co.uk

BLANK KIMONOS

fightersmarket.com

BRAZIL COMBAT

brazilcombat.com

BRAZILIAN FIGHTWEAR

brazilianfightwear.com

BREAK POINT

breakpointfc.com



BULL TERRIER

btfightgear.com

C



CENTURY

centurymartialarts.com

COMBAT CORNER

combatcorner.com

COMBAT SKIN

combatskin.com

COMPETIDOR

facebook.com/CompetidorBrand

CONCA FIGHT GEAR

conca.us

CONTRACT KILLER

contractkillerclothing.com



CTRL INDUSTRIES

ctrlindustries.com

D



DA FIRMA

dafirmabjj.com

DATSUSARA

dsgear.com

DAY BY DAY

daybydayjiujitsu.com

DETALES

detalesclothing.com

DO OR DIE

doordie.com

DOKEBI BROS

dokebicombat.com

DOM FIGHT GEAR

domgear.com

DRAGAO

shop.dragaokimonos.com

DX KIMONOS

facebook.com/DxBjj

E

ENZO

enzokimono.com

EZEKIEL

facebook.com/EzekielKimono

F

FAIXA RUA

faixarua.co.uk



FALCON

falconbrandltd.com

FENOM

fenomkimonos.com



FLOW KIMONOS

flowkimonos.com



FLUXK

www.fluxk.com/bjj

FREESTYLE CUSTOMS

freestylecustoms.net

FUDOSHIN

tatamifightwear.com



FUJI

fujisports.com

FURIA

furiastore.com

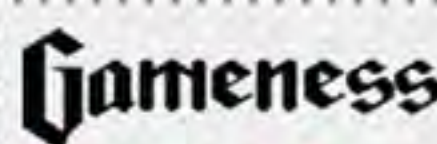
FUSHIDA

fushida.ca

G

GAMBARU FIGHTWEAR

gambarufightwear.co.uk



GAMENESS

gameness.com

GAWAKOTO

store.gawakotoclothing.co.uk

GORILLA GEAR

gorillagear.ca

GRAB AND PULL

grabandpull.co.uk

GRACIE BARRA WEAR

gbwear.com



GRIPS

gripsathletics.com

GROUND GAME

groundgameshop.com

GROUNDWORK GEAR

groundworkgear.com

GRUNT WORK CLOTHING

gruntworkclothing.com



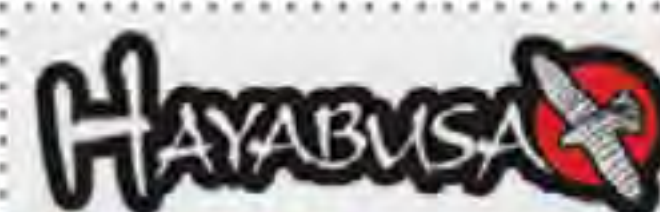
GRYPP STYLES

gryppstyles.com

H

HAPPY KIMONOS

happykimonos.webs.com



HAYABUSA

hayabusafight.com

HCK (HOWARD COMBAT KIMONOS)

howardliu.com

HYPERFLY

doordie.com



HYPNOTIK

bjjwarehouse.com/hypnotik

I

INVERTED GEAR

invertedgear.com

ISAMI

isami-eng.com

J

JACO

jacoclothing.com

JIU-JITSU ATHLETICA

brazilianfightwear.com

JIU-JITSU PRO GEAR

jiujitsuprogear.com

JUST A GIRL

justagirlbjj.com

K

K2 FIGHT GEAR

k2fightgear.com

KAUAI KIMONOS
kauaikimonos.com

KEIKO
keikosports.com
keikousa.com

KILLER BEE
killerbeegi.com

KINGZ
kingzkimonos.com

KO SPORTS GEAR
kosportsgear.com

KORAL
koralusa.com

KOZEN
kozenfighter.com

KRUGANS
krugans-usa.com

L

LANKY FIGHT GEAR
lankyfg.com

LIFE AND DEATH
lifeanddeathkimonos.com



LOYAL
loyalbjj.com

LUCKY GI
myluckygi.com

M

MKIMONOS
mkimonos.com

MACACO BRANCO
macacobranco.com

MAEDA
maedabrand.com

MANILLA KIMONOS
manilakimonos.com



MANTO
mantousa.com | mantofight.com

MATA LEON KIMONOS
mataleonkimonos.com

MAXIMUS KIMONOS
maximuskimonos.com

MEERKATSU
meerkatsu.com

MODERN FLOW BRAND
MODERN FLOW
modernflowbrand.com

MOYA BRAND
moyabrand.com

MUAE WEAR
muaewear.com

N

NAJA
najaextreme.com

O

OK! KIMONOS
okkimonos.com

OMEGA MANIAC
omegamaniac.com

ONDA
shop.ondabjj.com

ORIGIN
originmaine.com



OSS CLOTHING
ossclimbing.com

OSS KIMONOS (BRAZIL)
osskimonos.com.br

OTM (ON THE MAT)
onthemat.com

OUANO
ouano.com

P

PADILLA & SONS
matrat.us

PIRANHA GEAR
piranhagear.com

PLATINUM BJJ
platinumbjj.com

PODIUM
podiumjiujitsu.com

PRANA GI COMPANY
pranagicompany.com

PRESSURE BRAND
pressurebrand.com

PROFORCE MARTIAL ARTS
proforcema.com

PROGRESS
progressjj.co.uk

PROMA GEAR
promagear.com

Q-R

RED NOSE
rednoseusa.com

RED STAR
redstarbjj.com

REEVO
reevomma.com

REI-GI
rei-gi.com



RING TO CAGE
ringtocage.com

ROGER GRACIE KIMONOS
brazilianfightwear.com

ROLL JUNKIE
rolljunkie.com

ROLL SUPREME
rollsupreme.com

ROOTS BRAND
shop.rollwithroots.com

RONIN
facebook.com/RoninBrandGis

ROYAL COMBAT
royalcombat.com

S



SCRAMBLE
scramblestuff.us



SENSO
sensobjj.com

SHIMONO KIMONOS
shimonokimonos.com

SHODAN KIMONOS
facebook.com/ShodanKimonos

SHOYOROLL
shoyoroll.com

SOUL KIMONOS
www.soulkimonos.bigcartel.com

SOUL ROLL JIU-JITSU
soulrolljiujitsu.com



STORM
stormkimonos.com

STRIKE FIGHTWEAR
strikefightwear.com

SUB APPAREL
subapparel.com

SUBCULTURE USA
subcultureusa.com

SUBMISSION FIGHT CO.
submissionfc.com

SUBMISSION SNIPER
submissionsniper.com

SUBMIT ONE
facebook.com/submitoneclothing

T

TATAKAI
fightingrocktopus.com



TATAMI FIGHTWEAR
tatamifightwear.com

TRIUMPH UNITED
triumphunited.com

TUFROL
tufrol.com

TUKANO KIMONOS
tukanokimonos.com

U-V

VALOR
valorfightwear.com



VANDAL KIMONOS
vandalkimonos.com

VHTS (VERY HARD TO SUBMIT)
vhtsny.com

VENI VIDI VICI
vvvfightco.com

VENUM
venumfight.com

VULKAN
vulkanstore.com

W-Z



WAR TRIBE
wartribegear.com

X-GUARD BRAND
www.xguardbrand.com

YUDAN KIMONOS
facebook.com/yudan.kimonos

ZOMBIE KIMONOS
zombiekimonos.com

HECTOR MILLAN



AFTER PLAYING BASEBALL IN COLLEGE, HECTOR MILLAN LET HIMSELF GO AND LAVISHED IN THE EXCESSES OF COLLEGE LIFE. IT WASN'T UNTIL HE DISCOVERED JIU-JITSU THAT HE WAS ABLE TO FIND THE NEEDED MOTIVATION TO GET HIMSELF BACK INTO SHAPE, AND LIVE THE LIFE HE DESIRES.

AGE: 30

HEIGHT: 6' 0"

STARTING WEIGHT: 260 lbs

CURRENT WEIGHT: 190 lbs

HOMETOWN: Born and Raised in Caracas, Venezuela. Currently live in Weston, Florida.

HOME SCHOOL: American Top Team (ATT) West Palm Beach

INSTRUCTOR: Marcos "Parrumpinha" DaMatta

How did you discover jiu-jitsu?

I've always been a fan of UFC and MMA. I always wanted to try it, but I had a college baseball scholarship so I didn't have time for it. I finished with baseball and was not drafted. I was still in college partying everyday, drinking a lot, and eating like crap, and of course, gained a lot of weight. I tried lifting weights and doing cardio to get back in shape, but it was not working. I found out that ATT West Palm Beach was a block away from my dorm, so I decided to try it out, and I've been addicted ever since. I started Muay Thai, wrestling, jiu-jitsu, and MMA all at the same time. Eventually, I found that jiu-jitsu was my passion.

What motivates you to train?

Winning and sharing the jiu-jitsu lifestyle with others. Every since I started competing, I have been addicted to it. I fought MMA, and Muay Thai also, but jiu-jitsu is my favorite. I try to compete as much as I can- in 2015, I competed over 10 times all over and my biggest accomplishment was placing 2nd at the No Gi Worlds. I also like to teach people and show them how it changes your life for the better. I always tell them about how fat I was and how positive training could be for your body and your mind. Also, training keeps me sane. I work for a property management company and deal with a LOT of people with bad attitudes most of the time. But at the end of the day I have jiu-jitsu!

What else do you do for physical fitness?

I like to go swimming and mostly circuit training, for example: dead lifts, dips, and gi pulls ups I also do regular lifting by muscle group, and sometimes crossfit.



How have you changed your diet?

My diet has changed tremendously. Before I trained, I used to eat so much fast food and drink so much beer, basically everyday. When I started training, my body was begging me to eat healthier. Now I do not eat fast food, eat sugar, or drink soda, although I still drink beer from time to time. Now, I like to eat a nice grilled salmon, green vegetables, and fruits, but before a tournament I like to eat a LOT of pasta.

If you do jiu-jitsu automatically you will change the way you eat because you will feel like crap if you eat like crap, and you are more prone to gas out or either puke during class.

What's been the biggest challenge so far?

To learn when my body needs a break. When I came back from the No Gi Worlds, I was planning on giving my body a break because a couple of months before that tournament, I hyperextended my knee and I kept competing and training like that... My body is still waiting on that break.

What's been the best benefit from the changes you've made?

I am happier, look better, feel better, I'm more relaxed, the ladies love the cauliflower ears, and I know I can put someone asleep if I ever have to.

What advice would you give to someone else looking to make the same sort of change?

Do not be scared, just be patient. Walking into a gym could be scary or intimidating for some people, or they're scared to get hurt, get sweat from other people on their faces, etc. But just breathe, relax, and take it all in. Jiu-jitsu practitioners become like your second family and sometimes your first family. We all know what it means to start from zero and be the new guy/girl but at the end, all those fears will be gone and you will enjoy jiu-jitsu. The more you do it, the more you want to learn.

Jiu-jitsu is not like other martial arts, it takes time. When someone tells you that their 13 year old son has a black belt in TKD, just smile. Jiu-jitsu takes time; you just need to enjoy the journey and be patient, consistent, your time will come.

You need to know that jiu-jitsu will only make you want live a better life, eat better food, and connect your mind and body on a level that you didn't know it could. it will change the way you see everything in life, and every time you see someone wearing a business suit you are going to think GI CHOKE!

Enjoy the roll!

Jiu-Jitsu is about Defense.

Including defense against dangerous microorganisms on the mat.



Defense Soap. The World's #1 Jiu-Jitsu Soap.

- ▲ Natural ingredients clinically proven effective against:
MRSA, Ringworm, Staph, Impetigo, Herpes, Jock Itch & Athlete's Foot
- ▲ Revitalizes your skin, removes viruses, bacteria and fungi
- ▲ Manufactured in the USA in FDA regulated facilities



Defense Soap. Defend what you have built.
www.DefenseSoap.com

13000 Athens Ave. Ste. C313 | Lakewood, OH | 44107 | 866-544-1689



ANDRE GALVAO
WARTRIBEGEAR.COM

